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THE PEOPLE'S HOME RECIPE BOOK



BOOK II
OF THE
PEOPLE'S
HOME
LIBRARY



BY

MRS. ALICE GITCHELL KIRK

LECTURER AND INSTRUCTOR
IN DOMESTIC SCIENCE.

AUTHOR "MRS. KIRK'S CARD INDEX
COOKING RECIPES" AND "HANDY
EXPENSE CARDS FOR HOUSE KEEPERS."

CLEVELAND, OHIO.

Published by

THE R. C. BARNUM CO.

Cleveland, Ohio—Minneapolis, Minn.
Boston, Mass.

IMPERIAL PUBLISHING CO.

TORONTO, CANADA

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THE PEOPLE'S HOME LIBRARY

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THE
PEOPLE'S
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MEDICAL
BOOK

BY
T.J. RITTER M.D.

THE
PEOPLE'S
HOME
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BOOK

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GRADUATE OF BOTH THE ALLOPATHIC
AND HOMEOPATHIC SCHOOLS.
FORMERLY ASST. TO THE CHAIR OF THE
THEORY AND PRACTICE OF MEDICINE,
MICHIGAN STATE UNIVERSITY,
ANN ARBOR, MICH.

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HERB REMEDIES.

Including Many Valuable Indian Remedies.

ASPARAGUS.

(*Asparagus Officinalis*.)

Action.—Diuretic, Heart Sedative.

Uses.—Stone or Gravel in Kidneys or Bladder, Dropsy.

This is a common garden vegetable and may be used either as a tea or in decoction by using 2 ounces of the plant to a pint of water. In decoction it is used freely as a diuretic. Another way to prepare the plant is to crush and strain 5 pounds of the fresh tops in water, boil the juice down to a pint and add a pint of rectified spirits. Take from $\frac{1}{2}$ to 1 teaspoonful 5 times a day. Asparagus tea is good for dropsy and is particularly good for stone or gravel in the kidneys or bladder. In making the tea keep the roots in hot water, not boiling, for several hours and then strain. This must be taken for some time to get the desired results.

ARNICA.

Leopard's Bane—(*Arnica Montana*).

Action.—Internally it is an Emetic and Cathartic.

Uses.—Bruises, Strains, Aches, Muscular Rheumatism.

This is a horizontal, woody, blackish root, terminating abruptly at the lower end. The stem rises about a foot high and terminates in 1, 2 or 3 upright peduncles, each bearing one very large flower of a deep yellow color and somewhat mixed with brown. The flowers are disk shaped with rays; are of feeble aromatic odor; and are of a bitter, unpleasant taste. The flowers and roots are the parts used. Grows in Europe and Siberia and in the West and North Western United States. Can be bought in drug stores. It is used externally and is splendid for bruises, strains, aching of the muscles and muscular rheumatism.

It is used in infusion, tincture and fluid extract. Wring cloths out of hot arnica tea and apply for bruises and strains. You can add wormwood and smartweed if you wish. You can also use the tincture of arnica for rheumatism, tired muscles, sprains and bruises. Use 1 dram to a pint of water. The following are good prescriptions in which arnica is used. For boils and abscesses use 1 ounce each of either fluid extract or tincture of arnica,

HERB DEPARTMENT.

Gathering and Drying Herbs.—Roots ought to be dug in the fall after the roots and leaves are dead or have come to maturity; or, they should be dug before they start in the spring. They ought to be washed immediately after they are dug, or not washed at all. Some roots are injured by being put into water, especially those of an aromatic nature. All roots, when cleaned, ought to be put in a place where they will dry soon. They should not be placed in the sun but in a dry apartment where they will be placed under the influence of fire heat, as on an upper floor while fire is kept below. As soon as they are perfectly dry they ought to be packed away and kept from the air as much as possible.

HOW HERBS ARE MADE INTO MEDICINES.

Teas or Infusions.—These are made by pouring boiling water on the plant or bark and allowing it to steep for a short time until the water cools, after which the liquid is strained. Sometimes cold water is used. Infusions are made by steeping like tea. The infusion is generally better than the decoction as boiling destroys the virtue of some herbs. Usually, from 1 to 4 ounces of the herb should be used to a pint of boiling water.

Decoctions.—A decoction is a solution made by boiling the herb in water and straining while hot. Decoctions are made by boiling like coffee.

Cerates.—Cerates are ointments containing 30 parts of beeswax to 70 parts of lanolin or some other substance to make them harder for use. They are used for piles, etc. Cerates are used where you do not desire a quick dissolving of the lanolin or other base.

Ointments.—Ointments are made without beeswax and are softer than cerates and are good for local application. The base is vaseline or cosmoline. They are made with some kind of fatty substance like vaseline or lanolin (sheep's oil). The medicine is rubbed into the base. Ointments dissolve readily.

Extracts.—Extracts are made by taking the soluble parts from the plant. This is done by allowing them to stand in water or alcohol. Extracts consist of the soluble parts of plants reduced to a semi-solid condition by evaporation.

Fluid Extracts.—These are made in the same way as solid extracts except that they are not so completely evaporated.

Syrups.—These are solutions of sugar in water or sometimes in gummy substances. To make a syrup of plants, add simple syrup to the infusion when hot and somewhat evaporated and then bottle while hot. In other words, first make a tea of the plant and then add sugar.

Powders.—Barks or dried herbs are finely broken up or pulverized to make powders.

Tinctures.—Tinctures are solutions of the medical properties of herbs in alcohol or in mixtures of alcohol and water. Take the fresh or dried herb, chop and pound, and to 1 ounce of the herb add 2 ounces of water and 2 ounces

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soap liniment and laudanum. For rheumatism, sprains and painful joints apply locally while hot equal parts of fluid extract of arnica and witch hazel.

To make the tea or infusion of arnica use a handful of the flowers or roots to a pint of boiling water. The dose of the tincture is from 5 to 10 drops and is usually given 4 times a day. Five drops may be used every 2 or 3 hours.

ARSE SMART.

Action.—Antiseptic, Astringent.

Uses.—Inflammations, Cold Swellings, Bruises, Gravel, Obstructed Urine, Coughs and Colds, Worms.

This valuable remedy grows everywhere in our country though few know its value. It is a powerful antiseptic, allays inflammation and disperses cold swellings, particularly such as affect the knee joints. It dissolves congealed blood caused by bruises and blows. For this purpose it should be applied in strong decoction and poultices. It is also good for gravel and obstruction of the urine and for curing coughs and colds. It is also good for worms. The decoction is made by using 2 ounces of the plant to a pint of boiling water. The dose is from 1 to 2 ounces. Make the decoction strong for local application. The whole plant is used.

AVENS.

Aven's Root—Chocolate Root—Throat Root—(Geum Virginianum).

Action.—Tonic, Stomachic, Astringent.

Uses.—Bleeding, Chronic Diarrhea, Wind Colic, Stomach Affections, Asthma, Leucorrhea, Flooding, Sore Throat.

Grows about 2 feet high and has a perennial, small, brown, contorted, horizontal root. The stem is erect, simple or branched, and has but few flowers. The flowers are quite small, white, and grow on the ends of the stems. The fruit is a cluster of dry berries which are oval, brown and smooth. This plant is found in hedges and thickets in moist places in most parts of the United States. It flowers from June to August. It has long been used in domestic practice. The root is the part usually used. Tonic, astringent, stomachic. Used for passive and chronic bleeding, chronic diarrhea, wind colic, stomach affections, asthmatic symptoms and weakness, leucorrhea, flooding and sore throat. Must be used for some time and then it is a good builder and tonic. Make the decoction by using an ounce of the root to a pint of water and take 1 or 2 ounces or more 4 times a day. The dose of the powder is from 20 to 30 grains.

ALMOND.

(Amygdala.)

Action.—Diuretic.

Uses.—Coughs, Hoarseness, Scalding of Urine, Kidney Troubles, To Whiten and Soften the Skin.

The oil of sweet almonds acts beneficially on the urinary organs and is good for scalding urine. Also good for hoarseness and tickling coughs and is frequently combined with other ingredients and used to soften and whiten the skin. From 1 to 8 drams is the dose of the oil of sweet almonds. The oil of bitter almonds is poisonous.

ARBOR VITÆ.

Uses.—Coughs, Rheumatism, Fevers, Ague, Scurvy.

This evergreen tree grows from 20 to 50 feet high and the branchlets are flat and spreading. Much used for hedges. Grows along banks of rivers and in low swampy places. An ointment made of the branchlets and cones is excellent for rheumatism. Make a poultice by powdering the cones and mixing with milk and it will cure the worst rheumatic pains. A decoction made of the branchlets or roots is good for coughs, ague, fevers and scurvy.

BALM OF GILEAD.

Balsam Poplar—(Populus Balsamifera).

Uses.—Cuts, Wounds, Coughs, Debility.

The buds of this tree contain medical properties and should be gathered in the fall. The buds are filled with a rich gum which is good for coughs and debility. Add 1 pint of fourth proof spirits to an ounce of the bruised buds. The dose of this is from a teaspoonful to a tablespoonful in sweetened water 3 or 4 times a day. This tincture is also fine when applied to cuts and wounds.

BETH ROOT.

Indian Balm—Birth Root—Ground Lily—Nodding Wake-Robin—Three Leaved Nightshade—Lamb's Quarter—(Trillium Pendulum).

Action.—Astringent, Tonic, Antiseptic.

Uses.—Bleeding from Lungs, Bloody Urine, Menorrhagia, Leucorrhea, Asthma, Difficult Breathing, Womb Troubles, Diarrhea, Tumors, Ulcers, Carbuncles, Buboës, Stings, Gangrene.

This plant has an oblong, tuberous root from which arises a slender stem from 10 to 15 inches high. It has 3 large leaves at the top of the stem, from between which appears a solitary flower, bell shaped and of a purple or white color. The root is of a brown color outside and white within. Common in the Middle and Western States. Grows in rich soils and in damp, rocky and shady woods. Flowers in May and June.

In its action it is astringent, tonic and antiseptic. It has been used very successfully in bleeding from the lungs, bloody urine, menorrhagia or uterine hemorrhage, leucorrhea, asthma and difficult breathing. The Indian women used it very much for womb troubles and in confinement to aid labor and for flooding. Its astringent action makes it good for hemorrhages. Boiled in milk, it is good for diarrhea and dysentery when used internally. The root may be made into a poultice and used for tumors, indolent and offensive ulcers, carbuncles, buboës, stings of insects and to restrain gangrene. The dose of the powdered root is 1 dram. A strong tea or infusion is made by adding from $\frac{1}{2}$ to 1 ounce to a pint of water. The dose is from 1 to 3 ounces. The tea is commonly used. This tea is also good for injections into the vagina for leucorrhea and flowing. When used as an injection the infusion may be made stronger by using more medicine to the pint of water.

BELLWORT.

Mohawk Weed—(Uvularia Perfoliata).

Action.—Tonic, Mucilaginous, Nervine.

Uses.—Wounds, Sores, Sore Mouth, Snake Bites, Sore Throat, Inflammation of Gums, Ulcers, Erysipelas, Inflammation of the Eyes, Sore Ears, Skin Affections.

This has a creeping rootstock and a stem from 8 to 14 inches high, dividing at the top into two branches. Leaves are clasping, elliptical, rounded at the base, acute at apex, smooth, light gray underneath, from 2 to 3 inches long and $\frac{1}{3}$ inch wide. Flowers are solitary, pale yellow, about an inch long and hang from the end of one of the branches. Bellwort is a smooth handsome plant common in the U. S. It grows in moist copses and woods and flowers in May. The root is the part used and when fresh is acrid and mucilaginous. It imparts its properties to water.

Its action is tonic, soothing and nervine. It was used by the Indians for wounds, sores and snake bites. Is very good for sore mouth, sore throat and inflammation of the gums. For bites of poisonous snakes make a decoction by boiling the root in milk and drink of this freely and to the wound apply a poultice of the root. The poultice is also good for general ulcers and wounds. A poultice of the green root or the dried root in powder and mixed with hot new milk is good in all stages of erysipelas and also for acute inflammation of the eyes. An ointment may be made by simmering the powdered root and green tops in lard for an hour over a slow fire and should be strained by pressing. This is useful for skin affections, sore ears, sore mouth, etc., of children. This ointment is also good for many cases of erysipelas.

BLUE BELLS.

Abscess Root—Greek Valerian—Sweat Root—(Polemonium Reptans).

Action.—Diaphoretic.

Uses.—Lung Troubles, Consumption, Liver Troubles, Boils, Scrofulous Complaints.

The roots are fibrous and grow from one head. The flowers, which are small and blue, appear early in the season and are followed by small seeds. Several stems sometimes arise from the same root. Grows a foot or two in height and is found in damp woods.

The Indians used it to produce sweating in fevers and pleurisies. It is used for scrofulous complaints, consumption and affections of the lungs and liver. The decoction is made by adding a small handful of the crushed roots to 3 pints of water and steeping down to half that quantity. The dose is half a teacupful every four hours. A tincture may be made in whiskey. Half a wineglassful taken 3 times a day will clean out the system and purify the blood and is good for one afflicted with boils.

BLUE CARDINAL FLOWER.

Blue Lobelia—(Lobelia Syphilitica).

Action.—Emetic, Cathartic.

Uses.—Blood Diseases, Kidney Troubles, Dropsy, Gonorrhea, Syphilis.

Same species as lobelia inflata. Grows throughout the U. S. in moist places. Bears a long spiked blue flower and yields a milky juice with a rank odor. Roots have white fibres. Used by Indians for blood diseases, etc. Also acts on the kidneys and produces more urine. Good for dropsy and gonorrhea. The root is the part used and the dose is from 20 to 60 grains of the powdered root 3 or 4 times a day. It can be combined in infusion with other blood remedies such as prickly ash, stillingia, red clover and sarsaparilla, and is then used for syphilis.

BLACK SNAKE ROOT.
(*Sanicula Marilandica*.)

Action.—Nervine, Tonic, Astringent.

Uses.—Rattle Snake Bites, Intermittent Fever, Sore Throat, Hives, Skin Diseases, St. Vitus' Dance, Diarrhea, Leucorrhea, Dysentery, Gonorrhea.

The stem is from 1 to 3 feet high. Leaves growing at the top of the long naked stem are from 3 to 5, parted in a whorl. Several stems rise from the same root. The flower stem rises considerably higher than the leaf stalks, with 2 or 3 small leaflets near the top. There are not many flowers and they are white and sometimes yellowish. The plant grows along roadsides and thickets and flowers in June. It is common in the U. S. and Canada.

In its action it is nervine, tonic and astringent. The Indians consider it a sovereign remedy for rattle snake bites. Take 3 bunches of roots and boil them in a pint of water and drink in divided doses at intervals of 20 or 30 minutes. At the same time prepare a decoction of the leaves and stems and bathe the bitten parts. The Indians claimed in this way to be able to cure this bite even if it happened two days previously. The plant is also good for intermittent fever, sore throat, hives and skin diseases. It may be used as a tea or the juice of the root may be swallowed. It is also good for St. Vitus' dance. For children from 8 to 10 years old the dose of the powdered root is $\frac{1}{2}$ dram 3 times a day. The decoction is good for diarrhea, leucorrhea, dysentery and gonorrhea. The decoction is made by using an ounce of the plant to a pint of water and the dose of this is from 2 to 4 ounces 3 or 4 times a day.

BALSAM FIR.
(*Terebinthina Canadensis*.)

Action.—Stimulant, Diuretic, Anthelmintic, Laxative, Antiseptic.

Uses.—Typhoid Fever, Capillary Bronchitis, Liniments, etc.

This tree is found in the U. S. and Canada. From this tree are obtained resin and turpentine, the uses of which are commonly known. The chief supply comes from the Carolinas. Turpentine is sometimes given internally for typhoid fever and capillary bronchitis. It is an effective stimulant and disinfectant. It is given in the form of emulsion and the dose is from 10 drops to 2 teaspoonfuls. The too liberal use of turpentine affects the kidneys.

BASSWOOD.

Linden Tree—Lime Tree—Tilia Tree—(*Tilia Americana*)—(*Tilia Glabra*).

Uses.—Vertigo, Headache, Spasmodic Cough, Epilepsy.

This is a very large and beautiful forest tree with broad leaves and yellowish-white flowers. The wood is soft and white and when dry floats on the water like cork.

Poultices are made from the leaves and bark and a tea is made of the flowers for headache, vertigo, spasmodic coughs, epilepsy and other complaints. This tea should be used in doses according to its effects.

BEECH.

Red Beech—(*Fagus Ferruginea*).

Uses.—Incontinence, Diabetes, Ulcers, Skin Diseases, Dyspeptic Troubles.

From the bark of this tree a decoction may be made for use in cases of incontinence of urine in children at night and for diabetes. A decoction

made from the leaves is valuable in the treatment of skin diseases, obstinate ulcers and dyspeptic troubles which are accompanied with low spirits, weakness and headache.

BROAD LEAVED DOCK.

Bitter Dock—Blunt-Leaved Dock—(*Rumex Obtusifolius*).

Action.—Alterative, Tonic.

Uses.—Bilious Diseases, Blood Diseases.

In growth this plant is similar to the narrow-leaved or yellow dock. The leaves are broad and spring from the stem the same as the narrow-leaved kind. The root is brown without and yellow within and is thick and branching. It grows to a height of about two feet and flowers a month later than the yellow dock. It is used for the same complaints as is the yellow dock.

BLUE VIOLET.

(*Viola Cucullata*.)

Action.—Demulcent, Expectorant, Laxative.

Uses.—Sore Throat, Constipation, Coughs, Eruptive Diseases.

This plant is well known, having blossoms of a blue-violet color and a root about an inch long. Grows on rich moist lands. A decoction made of this plant is valuable in the treatment of eruptive diseases of children and a syrup made of the petals is excellent for sore throat, coughs and constipation of children.

BUGLE WEED.

Water Bugle—Gypsywort—Water Horehound—(*Lycopus Virginicus*).

Uses.—Coughs, Bleeding from Lungs, First Stages of Consumption, Ill-conditioned Sores.

Grows in creeks, swamps, ditches, etc. The leaves grow two in a place and opposite each other on the stem. It blossoms from July to September and the flowers are white. A tea made from the stems and leaves may be drank freely. It is useful in the first stages of consumption, bleeding from the lungs and coughs. Persons with ill-conditioned sores should drink the tea and bathe the parts with it.

BUTTERNUT.

White Walnut—(*Juglans Cineria*).

Action.—Cathartic.

Uses.—Constipation.

This tree is common in the United States. An extract should be made of the inner bark which should be procured in May or June. The dose is from 15 to 30 grains. It is an effective cathartic and acts without causing heat or irritation and is not so likely to leave the bowels costive as many other cathartics.

BLACK COHOSH.

Squaw Root—Black Snake Root—Rattleweed—Richweed—(*Cimicifuga Racemosa*).

Action.—Tonic, Anti-spasmodic.

Uses.—Chorea, Convulsions, Epilepsy, Nervous Excitement, Asthma.

Whooping Cough, Delirium Tremens, Spasmodic Afflictions, Female Troubles, Coughs, Rheumatism, Neuralgia, Scrofula, Milk Leg.

This is a tall stately plant with a large blackish, perennial root having numerous long fibres. It has a simple smooth stem from 4 to 8 feet high and has but few leaves. The flowers are small, white and fetid and followed by shells producing seeds. The fruit is ovoid, dry, and with one cell. The smooth seeds are packed horizontally in two rows. It is a native of the United States and grows from Maine to Florida in shady and rocky woods and on rich grounds and hill sides. Flowers in June and July. The root is the part generally used and should be gathered early in autumn and dried in the shade.

This is a very active, powerful and useful remedy. It is good for the nervous system as in chorea, periodical convulsions, epilepsy, nervous excitement, asthma, whooping cough, delirium tremens and many spasmodic afflictions. For these troubles the powdered root should be taken in teaspoonful doses 3 times a day. In consumption, coughs, acute rheumatism, neuralgia, scrofula, milk leg, amenorrhea, dysmenorrhea, leucorrhea and other womb troubles the strong tincture is better than the powdered form. The Indian women used this plant very much in womb troubles for labor. In these troubles it may be used instead of ergot. Give $\frac{1}{2}$ dram of the powdered root every 15 or 20 minutes in warm water until expulsive action of the womb is produced. Or, $\frac{1}{2}$ dram of the saturated tincture may be used in the same way. After labor it is good for after-pains and nervous excitement. It is good for menstrual troubles; either too much or too little flow and painful menstruation. This medicine may be used as a decoction, tincture, fluid extract or in the powdered form. The tincture and fluid extract are the best forms. The dose of the tincture is 20 drops and of the fluid extract, half a dram. For whooping cough in a child a year old you can give 3 drops 4 or 5 times a day. This remedy is a grand one for women and is excellent for rheumatism and headaches caused by womb troubles. The decoction is made by using an ounce of the root to a pint of water and the dose is from $\frac{1}{2}$ to $1\frac{1}{2}$ ounces 3 or 4 times a day but the fluid extract or tincture is better and can be bought at any drug store. The following is good for pains and want of flow in monthly troubles. Take $1\frac{1}{2}$ ounces of fluid extract of black cohosh, 1 fluid dram of tincture of nux vomica and enough tincture of cinchona compound to make 5 fluid ounces. For pain in the ovaries, uterine neuralgia and amenorrhea give a teaspoonful or two of this mixture in water every 3 or 4 hours.

BLUE COHOSH.

Papoose Root—Blue Berry—Squaw Root—(*Caulophyllum Thalictroides*).

Action.—Diaphoretic Emmenagogue, Anti-spasmodic.

Uses.—Confinement, Menstrual Troubles, Rheumatism, Dropsy, Hysteria, Womb Troubles, Aphthous Sore Mouth and Throat.

This was also a great Indian remedy, especially for women before confinement and for menstrual troubles. This is a smooth plant, purple when young, with a high round stem 1 to 3 feet high, simple from matted root stocks and dividing above into two parts. The flowers appear in May and June and produce berries of a deep blue color, something like sour grapes. It grows all over the United States in low, moist, rich grounds near running streams, in swamps, and on islands that have been overflowed with

water. The seeds ripen the latter part of the summer and are said to be an excellent substitute for coffee when they have been washed. The root is the part used as a medicine. It is sweet, pungent and aromatic. The tea or tincture made from it is yellow.

It is used principally for monthly periods and has an anti-spasmodic action. It is also good for rheumatism of the small joints and especially when associated with womb troubles. Also used for dropsy, hysteria and chronic womb diseases. It excites a special influence on the womb and is good for leucorrhea, amenorrhea and dysmenorrhea. It is very good when used in decoction or infusion and an ounce of the plant should be used to a pint of boiling water. The dose of this is from 1 to 4 ounces 3 or 4 times a day and should be taken for several weeks before confinement. The dose of the tincture is from $\frac{1}{2}$ to 1 dram. In confinement it is good to hasten delivery when delay is due to debility or lack of uterine energy or is the result of fatigue. Combined with equal parts of golden seal, made into a tea, and sweetened with honey it is very good for aphthous sore mouth and throat.

BARBERRY.

(*Berberis Vulgaris*.)

Action.—Tonic, Diuretic.

Uses.—Kidney Troubles, Urinary Troubles, Gravel.

This is a shrub which rises from 4 to 8 feet in height and has long bending branches and many thorns. It has egg-shaped leaves, yellow flowers and many oblong red berries which hang in loose bunches. Found on hills and mountains from Canada to Virginia. It flowers in April and May and ripens its fruit in June. The bark of the stem and root is the part used.

It is a tonic and diuretic and is especially good for kidney troubles, cloudy urine, diminished urine, pain in passing urine and pain in back and front. It is also good for gravel. The tea made from the bark is one of the best kidney remedies known and the dose is from 1 to 4 teaspoonfuls 4 times a day. The dose of the fluid extract is from 10 to 30 drops 3 or 4 times a day. The tea is made by using from 1 to 2 ounces of the bark to a pint of boiling water.

BAYBERRY.

Candle Berry—Wax Berry—Wax Myrtle—(*Myrica Cerifera*).

Action.—Carminative, Stomachic, Emmenagogue.

Uses.—Palsy, Colic, Hysterical Complaints, Scrofula, Diarrhea, Urinary Troubles, Jaundice, Kidney Troubles, Sore Throat, Leucorrhea.

This shrub rises 3 or 4 feet high and is scraggy with many branches. It grows near large bodies of water and especially along the Great Lakes. It is set full of long, smooth, green leaves. From the sides of the branches grow small, green berries covered with a pale green yellow. It grows in the United States and is abundant in New Jersey.

The leaves and berries are warm carminatives, stomachic and emmenagogue. Good for palsies, colic, hysterical complaints, scrofula, diarrhea, urinary troubles and jaundice. It is applied as a poultice for scrofulous swellings and tumors. The bark is the part used and is made into a tea or decoction. Slippery elm may be added to it. A tincture is also made of the bark.

The tea may be drank in doses of from 1 to 4 ounces for jaundice and kidney and bladder troubles. The powdered bark with blood root is good for slug-gish ulcers. The tincture in 1 or 2 drop doses every 2 hours is especially good for epidemic jaundice. The dose of the powdered bark is from 15 to 20 grains. The decoction is made by using an ounce of the bark to a quart of water and the dose is from $\frac{1}{2}$ to 2 ounces. The infusion is made by using an ounce of the bark to a pint of water and the dose is from 1 to 4 ounces 3 or 4 times a day. The decoction is a good gargle for sore throat and is also good as an injection for leucorrhea and is fine for tender and bleeding gums.

BEARBERRY.

Red Berry—Mountain Box—Wild Cranberry—(*Arbutus Uva Ursi*)—
(*Arctostaphylos Uva Ursi*).

Action.—Astringent, Tonic, Antilithic.

Uses.—Kidney, Bladder and Urinary Troubles, Diabetes, Diarrhea, Dysentery, Excess of Menses, Gonorrhea, Gleet.

Grows in North America and Europe. This is an evergreen shrub or vine. The leaves are oval, toothed, of a pale-green color and smooth on the under side. The flowers are whitish, terminating the stem in clusters of from six to twelve. The berries are of a scarlet color and contain 5 seeds. Grows on mountains and dry uplands all over the United States. Good for debilitating discharges and particularly for kidney, bladder and urinary passages. Good for diabetes, diarrhea, dysentery, excess of menses, chronic kidney and bladder troubles, chronic gonorrhea and gleet. In making the decoction use an ounce of the leaves to $1\frac{1}{2}$ pints of water and boil down to a pint. The dose is from $\frac{1}{2}$ to 3 ounces or half a small glassful 3 or 4 times a day. The dose of the powder is from 5 to 10 grains and of the fluid extract from $\frac{1}{2}$ to 1 dram.

BEECH DROPS.

Cancer Root—(*Epiphegus Virginianus*).

Action.—Astringent.

Uses.—Ulcers, Wounds, Erysipelas, Canker, Skin Affections.

This plant grows out of the roots of beech trees in low grounds and is from 6 to 8 inches high and of a brown, glossy, sickly color with brittle sprigs but no leaves. The root is bulbous and similar to canen. It must be gathered before the frost touches it.

Beech drops are a powerful astringent. The fresh bruised root frequently applied locally is said to be very good for ulcers and wounds and also for erysipelas and canker in the throat. The remedy may be prepared by boiling 8 ounces of the herbs in 2 quarts of water and sweetening. For erysipelas, open the bowels and take a teacupful of this decoction 4 times a day. At the same time apply cloths wet with the unsweetened decoction to the inflamed parts and so continue until cured. A poultice made of equal parts of beech drops, poke root and white oak bark is very good for ulcers and skin affections.

BITTER SWEET.

Woody Nightshade—Bitter Sweet Nightshade—(*Solanum Dulcamara*).

Action.—Narcotic, Diuretic, Diaphoretic.

Uses.—Liver Complaints, Ulcers, Scrofula, Whites, Obstructed Menses, Jaundice, Cancer of Breast, Syphilis.

This is an undershrub with a woody base and leaves in bunches at the joints. It has purple flowers and blossoms in June and July and the flowers are followed by scarlet berries. Grows in the United States and is usually found in swampy places on a rise of ground. The small twigs and stem should be gathered in late autumn.

Its action is to increase all secretions and excretions, particularly sweat, urine and stools, and it excites the heart and pulse. It can be used both externally and internally. Very good in real liver complaints, hard swellings, ill-looking ulcers, scrofula, whites, jaundice and obstructed menses. Good for cancer of the breast. Apply the juice over the cancer and cover the breast with the leaves. It is used in the same way for ulcers. For internal use boil $\frac{1}{2}$ pound of the stems or twigs in 1 gallon of water and give from 2 to 4 ounces 3 times a day. Equal parts of bitter sweet twigs, yellow dock root and stillingia, made into a syrup is good for scrofulous affections and syphilis.

BLACKBERRY—RED RASPBERRY—DEWBERRY.

Action.—Tonic, Astringent.

Uses.—Dysentery, Diarrhea, Cholera Infantum, Bleeding from Stomach and Bowels, Gleet, Leucorrhea, Fallen Bowel, Fallen Womb.

The leaves and bark of the root are the parts used. Boil the bark in milk and it is good for dysentery when taken freely. Or, a very valuable preparation for dysentery is to take 2 pounds of bruised unripe blackberries and simmer them with 1 pound of loaf sugar and $\frac{1}{2}$ pint of brandy. This should be strained and bottled. Syrup of blackberry is also very good for dysentery. This is a tonic and strongly astringent. A decoction or tea made of the leaves of raspberry is also very good. A decoction made of the bark of blackberry and dewberry is good for use in diarrhea, dysentery, cholera infantum, relaxed condition of the bowels in children and slow bleeding from the stomach and bowels. Decoction of raspberry is good as an injection for gonorrhea, gleet, leucorrhea and falling of the bowel and womb. For falling womb it may be used alone or in combination with equal parts of black cohosh and blackberry roots. It should be made into a decoction by using an ounce to a pint of water. The dose is from 1 to 4 ounces several times a day.

BITTER ROOT.

American Ipecac—Indian Physic—Black Indian Hemp—Canadian Hemp—Dog's Bane—(Apocynum Cannabinum).

Action.—Emetic.

Uses.—Dropsy.

There are two kinds. One kind grows in dry woodlands to a height of two feet. The other kind grows in wet or low lands usually 3 or 4 feet-high and the roots, like the former kind, run horizontally beneath the surface but are longer and of a different color. The latter kind is more easily obtained and is generally used.

As a tea it can be taken freely and is very good for dropsy. It is called the vegetable trocar. You can use from 5 to 30 drops of the tincture every 3 hours or from 1 to 5 drops of the fluid extract every 3 hours. This is

excellent for heart and kidney dropsy. In making the tea use an ounce to a pint of water and give from $\frac{1}{4}$ to $\frac{1}{2}$ ounce 3 or 4 times a day.

BLOOD ROOT.

Red Root—Red Puccoon—(*Sanguinaria Canadensis*).

Action.—Acid, Emetic, Expectorant, Tonic, Antiseptic, Alterative.

Uses.—Lung and Liver Troubles, Catarrh, Croup, Whooping Cough, Typhoid Pneumonia, Rheumatism, Jaundice, Dyspepsia, Sick Headache.

Grows in most parts of the United States in woods and on shady banks in rich, light soil. It is one of the earliest and most beautiful spring flowers of this country, appearing in March and April. The root is about the thickness of a finger, 2 or 3 inches long, fleshy, reddish-brown without and brighter red within. Each bud gives off a single large, smooth leaf. The flower is white and of short duration. The whole plant is pervaded with an acid, orange-colored juice but the greatest quantity is in the root. It imparts its qualities to boiling water and to alcohol. The root should be kept in a dry place. Age and moisture impair its value.

It is an acid, emetic, expectorant, tonic and antiseptic and is a very active agent. Small doses stimulate the stomach and hasten the pulse and larger doses produce nausea and slow the pulse while the full dose causes active vomiting. It is used for the lungs and liver, catarrh, croup, whooping cough, typhoid pneumonia, rheumatism, jaundice, dyspepsia and sick headache. The tea is made by using an ounce of the root to a pint of water and the dose is from $\frac{1}{2}$ to 1 ounce 3 or 4 times a day. If given oftener it should be given in smaller doses. Do not give enough to nauseate. For several diseases it is given every few hours. The dose of the tincture is from 10 to 20 drops and of the fluid extract from 5 to 10 drops. For the diseases mentioned give 2 teaspoonfuls or more of the tea every two hours. For sick headache give the same dose every half hour. The tincture is very good for sick headache when used in the following way. Put 5 drops of good tincture into a glass half full of water and give 2 teaspoonfuls every 10 minutes until better. As an emetic for croup the dose of the powder is 10 to 20 grains and of the tincture, 20 to 30 drops. As a stimulant or expectorant give 3 to 5 grains and as an alterative for liver troubles give from $\frac{1}{2}$ to 2 grains 4 times a day. The dose of the tincture for these troubles is from 2 to 3 drops every 3 hours.

BLUE FLAG.

Flag Lily—Snake Lily—Liver Lily—Flower de Luce—(*Iris Versicolor*)
(*Iris Pseudo-Acorus*).

Action.—Emetic, Cathartic, Diuretic, Alterative.

Uses.—Bilious Sick Headache, Dropsy, Scrofula, Syphilis, Chronic Kidney and Liver Diseases.

Is found in moist places and on borders of ponds. It is a very attractive wild flower. The flowers are large and showy, violet-blue, and variegated with greenish-yellow and white, with purple veins. The flowers appear in May and June.

The fresh powdered root is an emetic and cathartic. It acts very decidedly on the liver and is a diuretic and alterative. The root loses its virtue with age and exposure. Immediately after it is dug and cleaned, bruise it and

infuse in spirits for a tincture; or, after carefully cutting out the dead matter and cleaning it, dry it quickly before a fire, pulverize, and bottle tight for use. As a cathartic give 20 grains of the powder and repeat it if necessary. The dose of the tincture made from the fresh root is 10 drops. It is very good in 1-drop doses for bilious sick headache. For dropsy give 10 grains of the powdered root every 2 hours; or, combine it with turkey corn or snake root and use as a watery cathartic. For anasarca and water in the chest use the saturated tincture of the root. Give a teaspoonful every 2 or 3 hours until the bowels move freely. It is good for scrofula and syphilis and can be combined with mandrake, black cohosh and poke root. In chronic kidney and liver diseases, from 5 to 10 grains of the powdered root given 3 or 4 times a day is very good. For powerful alterative action use equal parts of blue flag root, mandrake and prickly ash bark. Give 10 grains every 2 or 3 hours to fall short of cathartic action. This produces pain in some people and to avoid this a few grains of ginger should be added. This is a splendid remedy.

BONESET.

Thoroughwort—Feverwort—Sweating Plant—Crosswort—Vegetable Antimony—Ague Weed—Indian Sage—(Eupatorium Perfoliatum).

Action.—Diaphoretic, Tonic, Emetic, Alterative, Antiseptic, Cathartic, Febrifuge, Astringent, Stimulant.

Uses.—Fevers, Colds, Ague, Dropsy, Acute and Chronic Rheumatism, Catarrh, Bilious Fevers, Influenza.

This plant grows in the United States. It is a valuable sweater, tonic, alterative, antiseptic, cathartic, emetic, febrifuge, astringent and stimulant. It was one of the most powerful remedies of the native Indian tribes for fevers, colds, agues, etc. It grows most commonly in meadows and swamps near streams. The leaves are joined together around the stem, giving the effect of being run through by the plant. The plant is of a grayish-green color and the flowers are a pale white. The leaves are woolly below and rough above and taper where they are joined to a sharp point. The seeds are black and oblong. A strong decoction made of the plant should be taken warm. It vomits freely and is sufficient to break up almost any cold or fever at the beginning. It cleanses the stomach, excites all secretions, relaxes constriction and produces sweating. By causing sweating it is good for colds. Always take a drink of cold tea after the sweat is over. The cold infusion preparations are tonics and do not produce vomiting. The dose of the strong tea is from 2 to 4 ounces once or twice a day. The dose of the fluid extract is from 30 to 40 drops. It is good for intermittent and remittent fever, diseases of general debility, dropsy, troubles arising from intemperance, acute and chronic rheumatism, catarrh, bilious fevers, influenza and lake fevers. It may be used as a tonic (sweetened), laxative or emetic by changing the dose and using warm. The syrup does away with the nauseous taste. The dose of the powder is from 10 to 20 grains once or twice a day. Of the decoction and infusion the dose is from $\frac{1}{2}$ to 3 ounces once or twice a day. The cold preparations are not so exhausting. To make the infusion use 2 ounces of the plant to a pint of boiling water but do not boil it. To make the decoction boil 2 ounces of the plant in a quart of water. The dose of the fluid extract is from 30 to 60 drops.

BOXWOOD.
(Not Dogwood.)

Uses.—Menstrual Troubles.

The bark steeped and drank is a splendid remedy for menstrual troubles, especially in young girls. It was extensively and successfully used for this purpose by the early settlers. It can be bought at drug stores. Drink freely of the tea made of the bark.

BUCHU.

Action.—Diuretic.

Uses.—Scanty and Painful Urination, Inflammation of Bladder and Kidneys.

Buchu grows best in South Africa. It can be bought in packages at drug stores. To make buchu tea add an ounce of the leaves to a pint of boiling water, steep, and strain when cool. The dose is from 1 to 2 ounces every 3 to 5 hours. It is splendid for scanty or painful urination and is good when the bladder and kidneys are inflamed. It is very mild and soothing. It should be used often either alone or with bruised pumpkin seeds. The dose of the fluid extract is a teaspoonful.

BUCK THORN BRAKE.
(*Osmunda Regalis*.)

Action.—Tonic, Mucilaginous, Strengthening.

Uses.—Whites, Female Weakness, Dysentery, Diarrhea, Sprains, Weak Back.

This brake is common in the United States. It grows in swamps and on low grounds and may be known by its growing very large and in mats, from which an immense number of thick, brittle shoots spring up in the springtime, curling around like a buck's horn.

Its action is mucilaginous, tonic and strengthening. The roots and shoots in decoction or compounded with other articles form a very strengthening syrup for female weaknesses, particularly leucorrhea. The decoction is made by boiling 4 ounces of the plant in a pint of water and the dose is from 1 to 2 ounces every 2 to 4 hours. It is also good for dysentery and diarrhea and as a tonic during convalescence (getting well). One root infused in a pint of hot water for half an hour will convert the whole into a thick jelly. This is very valuable for female weaknesses. The root mixed with brandy is a very popular remedy as an external application for sprains, weak back, etc.

BURDOCK.
(*Arctium Lappa*.)

Action.—Cathartic, Diuretic, Diaphoretic.

Uses.—Bad Blood, Rheumatism, Gout, Venereal Diseases, Kidney Troubles.

Grows along road sides. Has burrs which stick tight to a person. Promotes sweating and urination and is very cleansing. Good for bad blood. The seeds, when pulverized and taken as a powder in from $\frac{1}{2}$ to 1 teaspoonful doses, act as a powerful diuretic. The decoction or tea taken freely is good for rheumatism, gout, venereal and other blood diseases. Acts better combined with other remedies like dandelion, yellow dock, wahoo, sarsaparilla,

prickly ash or wild cherry. The decoction is made by boiling 4 ounces of the root in a quart of water. Half a pint of this may be drank 3 or 4 times a day. The seeds are more diuretic than the root and are a more useful alterative. They are principally used for kidney troubles.

CARAWAY.

(*Carum Carui*.)

Action.—Stomachic, Carminative.

Uses.—Flatulence, Colic.

This plant is cultivated in our gardens. It is a good stomachic and carminative (for gas). For colic give from $\frac{1}{3}$ to $\frac{1}{2}$ teaspoonful of the seeds. The tea is made by adding 2 teaspoonfuls of the seeds to a pint of boiling water. Do not boil the tea. This tea may be taken freely. The dose of the oil is from 1 to 2 drops. This is very good for wind colic in children. The following is a good combination for flatulence and colic. Take 2 fluid ounces of infusion of caraway, 1 fluid ounce of peppermint water, 1 dram of soda and 2 fluid ounces of syrup of rhubarb. Take from 1 to 2 teaspoonfuls every 3 to 4 hours.

CATNIP.

(*Nepeta Cateria*.)

Action.—Sweater, Tonic.

Uses.—Colds, Flatulence, Amenorrhea, Dysmenorrhea, Nervous Headaches, Irritability, Inflammations.

This is a very good remedy for colds to produce sweating and also for colds and flatulence in babies. It is used warm. It is also very good to put into poultices. To make the tea use an ounce of the dried herb to a pint of water. This may be given freely to adults and to babies you can give from $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful. It is a tonic when used cold. It is good for amenorrhea and dysmenorrhea and also for nervous headaches and irritability. One teaspoonful at a dose of equal parts of fluid extract of catnip, fluid extract of valerian and fluid extract of skullcap, is very good for nervous headache, restlessness, etc. The leaves are used for poultices and also in fomentations for inflammations.

CAYENNE PEPPER.

Capsicum—Red Pepper—(*Capsicum Annuum*).

Action.—Stimulant, Irritant, Stomachic, Rubefacient.

Uses.—Stimulating Digestion, Delirium Tremens, Vomiting of Drunkards, Rheumatism, Neuralgia, Headache, Flatulent Colic.

This is a local stimulant and irritant. Taken in small doses internally it causes warmth and stimulates digestion. It is good for delirium tremens and to check the vomiting of drunkards and to stimulate the nervous system of those who are trying to stop drinking. Tincture of capsicum is used in liniments for neuralgia, rheumatism, headache, flatulent colic, etc. The powder is frequently sprinkled over the surface of plasters. The dose of tincture of capsicum is from 5 to 30 drops well diluted.

CHAMOMILE.

Roman Chamomile—German Metricaria—(*Anthemis Nobilis*).

Action.—Stomachic, Diaphoretic.

Uses.—Colic and Green Diarrhea of Babies, Fretful Babies, Vomiting during Pregnancy, Bitters.

Good for colic and green diarrhea of babies, especially at teething time when they are cross, fretful and sleepless. Make a tea by putting the flowers into cold water and give freely. This is very good to produce sweating. It should be given freely in warm infusion. Use 4 drams of the plant to a pint of cold water and give from 1 to 2 ounces at a dose. Chamomile makes good bitters for the stomach and is good for vomiting during pregnancy.

CHESTNUT.

(Castanea.)

Uses.—Whooping Cough, Light Coughs, Diarrhea.

Use the leaves, which should be collected in September or October. Chestnut leaf tea made from the green leaves and drank freely is one of the best remedies known for whooping cough. It is also good for other light coughs. The fluid extract is better for diarrhea. The dose is from 1 to 2 teaspoonfuls. The tea is made by using a handful of the leaves to a pint of water and the dose for children is $\frac{1}{2}$ ounce 3 or 4 times a day.

CINNAMON.

(Cinnamomum.)

Action.—Stimulant, Stomachic, Carminative, Astringent, Aromatic.

Uses.—Bowel Complaints, Stomach Tonic.

Cinnamon is stimulating and warming and a good stomach tonic. It is also good for bowel complaints. It is much used as a flavoring extract and to disguise the taste and smell of other medicines. The dose of cinnamon in powder is $\frac{1}{3}$ of a small teaspoonful.

CLEAVERS.

Goose Grass—Catchweed—Clivers—(Galium Aparine).

Action.—Diuretic, Aperient, Antiscorbutic.

Uses.—Suppression of Urine, Kidney Troubles, Gravel, Tumors, Freckles, Erysipelas, Scarlet Fever, Measles.

This vine-like grass grows in hedges, on low grounds, in meadows and near brooks. It rises from 4 to 6 feet in height, climbing the bushes near it. The leaves are eight in a whorl and the upper side is whitish with sharp prickles. The stem is square, the angles being guarded with sharp prickles which are bent downward. The flowers are small, inconspicuous and divided in 4 segments. These change into a rather large fruit composed of two berries slightly adhering together and covered with hooded prickles containing two seeds.

This is one of the most valuable diuretics or kidney remedies that our country produces. It is good and speedy for all suppression of urine and for gravel complaints. The pressed juice mixed with oatmeal to the consistency of a poultice and applied over an indolent tumor three times a day, keeping the bowels open by castor oil, and taking a tablespoonful of the juice every morning, will often drive the tumor away in a few days. The tea should be made with cold water. Three or four ounces of the dried herb to a quart of water is sufficient. This should be used every day as a common drink and especially for gravel. It seems to possess a solvent power over the stone or gravel, crumbling it into a sandy substance. It is peculiarly applicable to inflammation of the kidneys and bladder from its crumbling as well as its diuretic quality. You can make a warm tea by using $1\frac{1}{2}$ ounces

of the herb to a pint of warm water and steeping for two hours. Take 2 to 4 ounces 3 or 4 times a day. This may be sweetened with honey or sugar. Take equal parts of cleavers, maiden hair and elder blows and steep in warm water for 2 or 3 hours and when cold drink freely for erysipelas, scarlet fever and measles. The tea made with cold water is good for freckles when applied locally several times a day.

CLOVES. (Caryophyllus.)

Action.—Stimulant, Aromatic, Carminative.

Uses.—Nausea, Vomiting, Toothache, Cholera Morbus, Wind Colic.

A decoction of cloves is good for sickness at the stomach and to check vomiting and also for wind colic. The decoction is made by boiling 2 or 3 teaspoonfuls of ground cloves in $\frac{1}{2}$ pint of sweet milk. The dose is a table-spoonful every 15 to 30 minutes as hot as can be borne. This will be found valuable for cholera morbus. The oil of cloves may be used instead of the powder. The oil of cloves put upon cotton and placed in the cavity of a tooth is good for toothache.

COLUMBO ROOT. (Imported.)

Action.—Emetic, Cathartic, Tonic, Antiseptic.

Uses.—Fevers, Debility, Stomach Troubles, Headache, Rheumatism, Inflammation.

This is an emetic and cathartic when fresh and is good as a tonic, antiseptic and for fevers when dry. It yields its bitterness to water but proof spirits is its proper menstruum. The doses are from 1 to 2 drams of the powder and 1 to 2 ounces of the tea. The root ought to be collected from the fall of the second year to the spring of the third year of its growth. The root is a good antiseptic and bitter and is used successfully in debility and diseases of the stomach. It is good for relaxed stomach and bowels, indigestion, etc. It takes the place of rhubarb as a laxative for children and pregnant women. Cold water helps its efficiency and prevents nausea and vomiting. A teaspoonful of the powder in hot water and sugar will give relief in case of over-eating or weak stomach. The leaves produce sweating when laid on the forehead and frequently relieve headache. The fresh leaves applied externally in this manner are also good for rheumatism and inflammation. The dose of the tincture is from 1 to 2 drams. The dose of the infusion is from 1 to 2 ounces 3 or 4 times a day. The infusion, or tea, is made by using an ounce of the root to a pint of water.

COMFREY.

Healing Herb—Gum Plant—(Symphytum Officinale).

Action.—Mucilaginous, Expectorant, Emollient.

Uses.—Bruises, Ruptures, Fresh Wounds, Sore Breasts, Ulcers, Gout, Soreness of Bowels, Coughs, Whites, Female Weakness.

It grows in meadows near springs and is planted in gardens for family use. The root is the part used and is soothing and mucilaginous like marsh-mallow. It blossoms in May and June and bears white or rose-colored flowers at the extremities of the branches. The root is large and is blackish outside and white inside. The fresh root when bruised is a good application for

bruises, ruptures, fresh wounds, sore breasts, ulcers, gout, etc. A decoction made by using from $\frac{1}{2}$ to 2 ounces of the root to a quart of water is good for internal injuries and soreness and erosions of the bowels caused by diarrhea and dysentery. It is good for coughs and promotes expectoration. Drink the decoction freely during the day. It is also good for leucorrhea and female weaknesses.

CORNSILK. (Maida Stigmata.)

Action.—Diuretic.

Uses.—Congested Kidneys, Chronic Inflammation of Kidneys, Suppressed Urine, Irritable Bladder, Acute and Chronic Cystitis, Dropsy.

The green pistils of maize, or Indian corn, gathered when the tassel has shed its pollen are good as medicine. Cornsilk is a diuretic in local dropsy and heart trouble. It is good for congested kidneys, chronic inflammation of the kidneys, suppressed urine, irritable bladder and acute and chronic cystitis. It is good for dropsy of the lower extremities from heart or kidney disease. The fluid extract is the best way to give it and the dose is from 1 to 2 drams every 3 to 4 hours. A tea may be made of the cornsilks but is not so easily made as most teas. The following combination is good for dropsy. Take $1\frac{1}{2}$ ounces of the fluid extract of cornsilk, 3 ounces of the fluid extract of dandelion and 3 ounces of the infusion of digitalis. Give 2 teaspoonfuls in water every 3 or 4 hours. Another good preparation for the same purpose is made by taking 2 ounces of fluid extract of cornsilk, 3 drams of cream of tartar and 2 ounces of sweet spirits of nitre. The dose of this is half a teaspoonful every 2 or 3 hours. Cornsilk is a good remedy in the fluid extract form but, as before said, it is difficult to make a tea. However, a tea made of powdered corn is very good for nausea and vomiting in many diseases.

CRAWLEY ROOT.

Fever Root—Dragon's Claw—Chicken's Toes—Coral Root—(Corallorhiza Odontorhiza).

Action.—Diaphoretic.

Uses.—Fevers, Pleurisy, Scanty and Painful Menses, Bilious Colic.

It grows in beds or patches and rises 6 or 7 inches high. The leaves grow in a cluster from the top of the root. The blossoms are yellow. It has a small black root resembling cloves and having a strong smell similar to nitre. It grows in Canada, New York and some of the other northern states. The root is effectual in all remittent, nervous and inflammatory fevers like pleurisy. It equalizes the circulation, relaxes the system generally and brings a moisture to the surface. It is diaphoretic, or produces sweating. Prepare the root by pulverizing and putting into tightly corked bottles. After the stomach and bowels are well cleared by a cathartic, a half a teaspoonful of the powder may be given every 2 hours in a cup of warm herb tea or warm water. This may be continued until a moisture appears on the skin or until 5 or 6 doses have been taken. It can also be given with pleurisy root for pleurisy. Combined with blue cohosh it forms an excellent medicine for amenorrhea (scanty menses or none at all) and dysmenorrhea (painful menses). It is very good for after pains and suppressed after flow. It is also very good to act upon the bowels and liver when combined with mandrake or Culver's root. Mixed with wild yam it is very good for bilious colic.

CROWFOOT.Wild Cranesbill—Storkbill—Tormentil—(*Geranium Maculatum*).

Action.—Astringent.

Uses.—Wounds, Gonorrhea, Ulcers, Diabetes, Bloody Urine, Profuse Menstruation, Aphthous Sore Mouth, Dysentery, Diarrhea, Cholera Infantum, Bleeding Piles, Nose Bleed, Hemorrhage, Gleet, Leucorrhea, Flooding, Quinsy.

This plant is perennial, horizontal; has a thick, rough, knobby and fleshy root, black outside and reddish inside, with short fibres. It has long, slender stalks, 1 to 3 feet high with long narrow leaves or segments at a joint with 2 leaves at each fork. The flowers are large and generally purple, mostly in pairs with long stems like a crane's bill springing from the leaves. The fruit is a capsule in 5 sections containing 1 seed each. This plant grows in all parts of the United States. It is found in open woods, thickets and hedges. Flowers from April to June. The root is used and should be collected late in autumn.

It is a powerful astringent. The Indians used it for wounds, gonorrhea, ulcers of the legs, diabetes, bloody urine, too great menstruation and aphthous sore mouth. It is good for children with poor stomachs. It is used in infusion as an astringent with milk in the second stage of dysentery, diarrhea and cholera infantum. A strong decoction of the root, 2 ounces to a pint of water, may be injected for bleeding piles and retained as long as possible. As an ointment it is also good for piles. In making the ointment add 2 ounces of the finely powdered root of cranesbill to 7 ounces of tobacco. Apply the ointment to piles 3 or 4 times a day. Crowfoot or cranesbill is also good for nose bleed and bleeding from wounds and small vessels, as after pulling teeth. Apply the powder to the bleeding parts and if possible cover with a cotton compress. In decoction in combination with unicorn root it has proved of service in diabetes and Bright's disease. For gleet and leucorrhea, a decoction of 2 parts cranesbill and 1 part blood root forms an excellent injection. The decoction is also useful as a gargle for quinsy, sore throat and in severe cases of flooding after labor. In these troubles the application of cranesbill either in decoction or fluid extract by injection or by sterile cloths is very good. The dose of the powdered root is from 20 to 30 grains 3 or 4 times a day. In making the decoction an ounce of the root may be used to a pint of boiling water and the dose is one or two ounces three or four times a day. Crowfoot or cranesbill is an excellent remedy.

CULVER'S ROOT.Culver's Physic—Black Root—Tall Veronica—(*Leptandra Virginica*).

Action.—Antiseptic, Tonic, Diaphoretic, Cathartic.

Uses.—Bilious Fever, Torpid Liver, Constipation, Dropsy, Dyspepsia.

This root grows in the United States and is perennial, black or dark colored with many small fibres growing from a long, woody caudex or head. The stems, several arising from the same root, are round, somewhat hairy, growing from 2 to 4 feet high and branching with the branches bearing on their tops a spike or tassel of crowded white flowers. The leaves are in whorls of 4 or 5 at a joint and are long, narrow and pointed with edges set with unequal sharp teeth. Grows in wetish lands, near streams and in open glades and plains and in limestone lands. The dried root is used as the fresh root is too violent and drastic. It operates mildly and certainly and does



Dandelion.

Used for Liver Complaints, Constipation, Jaundice, Dyspepsia, Dropsy, etc. Also used in Blood Remedies.



Stramonium or Thorn Apple.
(Poison.)

Used for Piles, Painful Monthlies, Burns, Cancers, Tumors, Ulcers, Sciatica, Asthma, Epilepsy, Insanity, etc.



Henbane or Poison Tobacco.

Used for Fistula, Boils, Ulcers, Swollen Breasts, Tumors, Inflamed Eyes, etc.



Iris or Blue Flag.

Blue Flag is used for Bilious Sick Headache, Dropsy, Scrofula, Venereal Diseases and Chronic Kidney and Liver Diseases.



Hops.

Used for Nervousness, Sleeplessness, Indigestion, Inflammations, Rheumatism, Earache, Pleurisy, Toothache, Appendicitis, etc.



Lily of the Valley.

Used for Heart Troubles, Bright's Disease, Dropsy, Urinary Diseases, etc.

not produce much depression. It is good for bilious fever, torpid liver, constipation and dropsy. It is antiseptic, tonic and a sweat producer. In fevers it removes the black tarry matter from the bowels without weakening them. The dose is from $\frac{1}{2}$ to 1 teaspoonful added to half a gill of boiling water and sweetened if desired. Repeat in 3 hours if it does not move the bowels. Powder the dry root. The dose of the fluid extract is from $\frac{1}{2}$ to 1 dram. To make a weak tea use an ounce to a pint of water and give $\frac{1}{2}$ ounce at a dose. The dose of the powdered dry root as a cathartic is 20 to 60 grains. Use the infusion in fevers. One half of a fluid ounce should be given every hour until it operates and it should be repeated daily if necessary. It is very good in small doses as a laxative and a tonic for dyspepsia and when the liver is torpid. The dose is from 3 to 5 grains of the root 4 times a day.

DANDELION.

Monkshood—(Taraxacum).

Action.—Laxative, Diaphoretic, Diuretic, Expectorant, Tonic, Alterative, Aperient.

Uses.—Liver Complaint, Constipation, Jaundice, Dyspepsia, Dropsy, Blood Purifier.

The root should be gathered in the autumn. It is laxative, diaphoretic, diuretic, expectorant, tonic and alterative. It is good for torpid liver and liver complaint, constipation, jaundice, dyspepsia and dropsy. It is prepared in decoction or infusion from the green plant. The pressed juice is the best. It can be used freely. Combined with other remedies such as yellow dock, burdock or wahoo it acts very well as a blood purifier. The dose of the root extract is from 10 to 40 grains; of the root fluid extract, from 1 to 2 drams and of the infusion, from 1 to 2 ounces. The infusion may be taken frequently. The following is a good blood combination. Take 1 ounce of fluid extract of dandelion, 60 grains of potassa iodide, 1 ounce of fluid extract of yellow dock, 1 ounce of fluid extract of burdock, 1 ounce of fluid extract of wahoo and 1 ounce of fluid extract of red clover. The dose is a teaspoonful 4 times a day. Dandelion may be taken as a tea, the dried roots may be eaten or the plant may be eaten in the form of greens for either liver or bowel difficulties.

DWARF ELDER.

(Aralia Hispida.)

Action.—Emetic, Purgative.

Uses.—Dropsy, Suppressed Urine, Gravel.

It rises 2 or 3 feet in height, is herb-like, erect and prickly. The leaves are opposite, pinnated and composed of 4 or 5 pairs with an odd one at the extremity. The flowers are terminal, umbelliferous in scattered shafts. The fruit is round, black and disagreeable to the taste. It is a single-celled berry containing 3 irregularly shaped seeds. This plant grows in hemlock lands in the United States. The inner bark of the root is the part used.

One gill of the juice of the inner bark will vomit and physic. The juice, infusion or decoction is good for dropsy. For common use 2 ounces of the dried root may be boiled in a quart of water and a gill taken night and morning. Or, 1 ounce of the inner bark and 1 ounce of the dry root may be put into 3 quarts of water and boiled down to 2 quarts. A teaspoonful of this taken 3 times a day is good for suppression of urine. This is also good for

dropsy and gravel. In making the decoction of the fresh roots, use 1 ounce of the roots to a pint of water and take from 2 to 4 ounces, 3 times a day.

ELDER.

Sweet Elder—Elder Flowers—Black-berried Elder—(*Sambucus Canadensis*).

Action.—Diuretic, Alterative, Purgative, Diaphoretic, Expectorant, Sudorific, Aperient, Emetic.

Uses.—Sores, Erysipelas, Liver Troubles, Blood Remedy, Dropsy, Measles, Kidney Troubles, Inflamed Eyes, Piles.

This is a very common shrub growing from 8 to 10 feet high and is found in all parts of the United States. Leaves are dark green. Flowers are white and in clusters. The berries are dark purple and are good for piles and the urine. The young leaves and buds are too active for use. The inner bark, berries and flowers are used. The inner bark boiled with cream makes a splendid salve for sores and erysipelas. A warm tea made of elder flowers will gently stimulate and produce sweating. Elder flower tea is also good for weak or inflamed eyes when applied locally. A cold tea acts as a diuretic, alterative and cooler of the blood and may be used for liver troubles of children. In infusion with maiden hair and beech drops it is useful for erysipelas. An infusion of the inner bark in wine, or pressed juice in doses of from $\frac{1}{2}$ to 1 ounce will purge. In teaspoonful doses it is good for dropsy, etc. Hot elder flower tea made by using an ounce of the flowers to a pint of boiling water is very good to bring out the eruption of measles. The juice of the root in one ounce doses daily acts as a watery cathartic and diuretic (kidney worker) and is good in dropsical affections.

ELECAMPANE.

(*Inula Helenium*.)

Action.—Tonic, Stimulant.

Uses.—Dyspepsia, Chronic Bronchitis, Catarrh of Bladder, Suppressed Menstruation, Skin Eruptions, Lung Diseases, Sciatica, Gout, Gravel, Facial Neuralgia.

A common plant growing by the roadsides and in meadows. Its large, fibrous root is brown outside and white inside. The stem, which grows from 6 to 8 feet high, is branched toward the top and covered with a whitish down. The flowers are located at the ends of the branches and are yellow in color. The root has a spicy smell and contains a camphorated oil.

This was a famous medicine of early times and was used for lung diseases and externally it was used for gout, gravel, sciatica and facial neuralgia. It is now used for chronic eruptions of the skin, chronic bronchitis, catarrh of the bladder, suppressed menstruation and dyspepsia. It is made into a decoction by boiling from $\frac{1}{2}$ to 1 ounce of the crushed root in a pint of water.

ELM.

Slippery Elm—Red Elm—(*Ulmus Fulva*).

Action.—Soothing, Mucilaginous.

Uses.—Coughs, Colds, Influenza, Pleurisy, Quinsy, Dysentery, Painful Urination, Inflammation of Stomach and Bowels, Poisoning, Erysipelas, Burns, Scalds, Piles, Bruises, Ulcers, Gonorrhea, Gleet, Whites, Diarrhea, Poultices, "Going Down" of Mumps.

Found in all parts of the United States. It is mostly prepared as a fine flour, a large teaspoonful of which may be briskly stirred into a pint of cold water and this again stirred into a quart of hot water and then boiled. This may be drank freely. It is very good for coughs, colds, influenza, pleurisy, quinsy, dysentery, and painful urination. It is also good for inflammation of the stomach and bowels and especially after poisoning when mild mucilaginous drinks are required. When used for the latter purpose it should be drank cold. The bark may also be chewed. Poultices of ground elm bark with lead water are good for erysipelas and local inflammations and may be used either hot or cold.

In making mucilage of elm use 6 parts of dried bark to 100 parts of boiling water and drink freely. This is good as a bland drink after poisoning. Used alone as a poultice, slippery elm has been found very good for inflamed surfaces, fresh wounds, burns, scalds, bruises and ulcers. This is also very good when mumps go down to the testicles. The poultice should be changed every 2 to 4 hours. Injections of slippery elm tea made from the bark is good for diarrhea, whites, piles, gonorrhea and gleet. Powdered bark sprinkled over the surface will prevent chafing and it allays itching and heat in erysipelas. Make the tea of the bark by using 2 ounces of the bark to a pint of boiling water. This may be drank freely.

FALSE UNICORN ROOT.

(Blazing Star.)

Action.—Tonic.

Uses.—Prevention of Miscarriages, Dyspepsia, Loss of Appetite, Weakness of Generative Organs, Leucorrhea, Amenorrhea, Dysmenorrhea.

The root is perennial, large and bulbous and from it arises a simple, very smooth and somewhat angular stem from 1 to 2 feet high. The root is from 1 to 2 inches long and of a dry, dark color. The root and leaves are green all winter and spread upon the ground in the shape of a star. The root ends as if it were bitten off. The leaves are acute and small and at some distance from each other. Radical leaves are broader and from 4 to 8 inches long, $\frac{1}{2}$ to 1 inch in width, narrow at the base and formed into a sort of whorl at the base. The flowers are small, very numerous and of a greenish white. There are many seeds in each cell. Plant is indigenous to the United States and is abundant in some of the western states. It grows in woodlands, meadows, etc., and flowers in June and July. It is somewhat similar to aletris but its leaves are sharply pointed and it has a straight slender spike of scattered flowers. The root is the part used.

It is a tonic and was much used by the Indian women to prevent miscarriages. It is good for weakness of the generative organs. From 1 to 15 grains of the powder taken 3 or 4 times a day is good for dyspepsia, loss of appetite and for diseases of women. It is good for leucorrhea, amenorrhea, dysmenorrhea and to prevent miscarriage. The decoction is made by using 1 ounce of the root to a pint of water and the dose is from 1 to 3 ounces. The dose of the powder is from 10 to 20 grains.

FENNEL.

(Anethum Foeniculurn.)

Action.—Carminative, Aromatic.

Uses.—Dyspepsia, Flatulent Colic.

This is raised in gardens. It blossoms in June and July and ripens its fruit in September. It is good for dyspepsia and flatulent colic of children. Can be given freely. The seeds can be given in from $\frac{1}{4}$ to 1 teaspoonful doses but it is better when boiled or steeped. For the tea use 1 ounce to a pint of water. The dose of the tea is from $\frac{1}{4}$ to 1 teaspoonful 3 or 4 times a day.

FIRE WEED.

Colt's Tail—Mare's Tail—Canada Fleabane—(Erigeron Canadense).

Action.—Diuretic, Tonic, Astringent.

Uses.—Bleeding, Profuse Menses, Metrorrhagia, Dysentery, Piles, Pain in Back, Bruises, Sprains, Boils, Sore Throat.

It is most frequently found in partly cultivated fields in Canada and the northern part of the U. S. It grows about 3 feet high and is covered with stiff hairs and has bushy tops with very small flowers which grow in long clusters at the ends of the stems. It should be gathered in July or August. The decoction or infusion can be used but it loses much of its strength in this form. It is better to buy the oil of fire weed. Its power of controlling bleeding is very great. It is good for metrorrhagia, or bleeding from the womb, and menorrhagia, or too free menses. Take from 5 to 8 drops at a dose, on sugar or in capsule, every 1 to 3 hours for bleeding as above and also for dysentery and nose bleed. Apply locally for pain in the back and also for piles. It is good for bruises, sprains and wounds generally. Is used in liniments. The tea is made by using 1 ounce to a pint of boiling water and the dose is from 2 to 4 ounces 3 or 4 times a day. The oil is very good when applied to piles, boils, sore throat and to small wounds to stop bleeding. Combine with goose grease. Internally give from 5 to 8 drops on sugar for diarrhea, dysentery and bleeding from the kidneys. Good also for womb bleeding. Can repeat every 5 to 10 minutes for 4 doses.

FOXGLOVE—(Poison).

Digitalis—Purple Foxglove—Fairy's Glove—(Digitalis Purpurea).

Action.—Narcotic, Sedative, Diuretic.

Uses.—Inflammation of Lungs, Pleurisy, Dropsy of Chest, Inflammatory Affections, Heart Disease.

The stem grows 2 or 3 feet high and is straight and hairy. The leaves are whitish, large, oval and hairy on both sides. The flowers are of a deep reddish purple color.

It is a poison and narcotic and should only be administered by one who understands its action. It is a valuable remedy for heart troubles, dropsy of the chest, pleurisy, inflammation of the lungs and all inflammatory troubles.

GARLIC.

(Allium Sativum.)

Action.—Antiseptic, Expectorant.

Uses.—Coughs, Colds, Croup, Chronic Bronchitis, Capillary Bronchitis, Retention of Urine, Convulsions, Pneumonia.

Garlic is well known by its strong disagreeable odor and its taste which is stronger than onion.

It is an antiseptic and stimulating expectorant. It is good for coughs and colds. A poultice of garlic is good for croup. It is very good in chronic

bronchitis and in capillary bronchitis of children. For these purposes it may be used as an ingredient in poultices. Garlic is generally used in syrup form. The dose is from 1/6 to 1 teaspoonful. The following is a good combination for bronchitis of children. Take 2 ounces of syrup of garlic, 1 ounce of sweet spirits of nitre and 1 ounce of glycerine. The dose is from 1 to 2 teaspoonfuls in water every 2 or 3 hours. Another good preparation is made by mixing 3 ounces of syrup of garlic with 2 ounces of syrup of tar. A teaspoonful or two may be taken in water every 2 or 3 hours.

The bruised bulbs applied as a poultice over the bladder is good for retention of urine. Applied to the front of the chest it is good for pneumonia of infants. Applied to the feet it is fine for convulsions of children. The dose of the fresh juice of the bulb is from 1/2 to 1 teaspoonful. If used too freely it causes headache, flatulence, stomach disturbance, piles and fever.

GENTIAN.

(*Gentiana Americana*.)

Action.—Cathartic, Sudorific, Tonic, Antiseptic, Febrifuge, Stomachic.

Uses.—Stomach Troubles, Constipation.

This plant is a native of Europe though it is found in the U. S. It rises 2 or 3 feet in height; the stem is smooth, strong and erect; the leaves which arise from the lower part of the stem are pear shaped, large, ribbed and rough, while those from the upper part are more ovate, smooth and sessile. Large yellow flowers, produced in whorls, grow along the stalks. It is perennial and grows along roadsides. The root is the best part to use.

Its action is not astringent but it is a bitter tonic and antiseptic. In large doses it is cathartic and sudorific. It invigorates the stomach and is very useful in debility of the digestive organs. It increases the appetite, prevents the souring of foods and aids in the digestion of solid food. In combination it is good as a tonic. The tea is made by using 2 ounces of the root to a pint of boiling water. The dose is from 1 to 2 ounces 3 or 4 times a day. The following is a good compound. Take 2 ounces each of tincture of gentian and tincture of cinchona compound and 2 1/2 drams of tincture of nuxvomica. Shake well and give a teaspoonful before or after meals. The dose of the fluid extract of gentian is from 30 to 60 drops and of the compound tincture, from 1 to 4 drams.

GINGER.

(*Zingiber Officinale*.)

Action.—Diaphoretic, Stimulant, Condiment, Carminative.

Uses.—Colds, Bilious Attacks, Diarrhea, Dysentery, Flatulent Colic, Cholera Morbus.

This is a very good household remedy. It is excellent for colds and bilious attacks and when the stomach and bowels need warming. When hot and strong it is good for sweating. Good for diarrhea, dysentery, flatulent or wind colic, cholera morbus, biliousness, colds and coughs. To make the tea add 1/2 ounce of powdered or bruised ginger to a pint of boiling water. The dose is from 1 to 2 fluid ounces. The dose of tincture of ginger is from 10 drops to a teaspoonful. A larger dose may be taken if it is to be taken but once. For a child with colic or diarrhea give from 1 to 4 drops every 2 hours. It is also used for external application. A spice poultice is excellent for pain in the bowels. This is made by taking equal parts of ground ginger, cinna-

mon, cloves and allspice. One-fourth part of cayenne pepper may be added if needed. Place all in a flannel bag, spread evenly, wet with alcohol or whiskey and apply to the affected parts. Re-wet, if necessary, to keep it moist.

GINSENG.

Red Berry—Ninsin—Five Fingers—(Panax Quinquifolium).

Action.—Nervine, Tonic, Restorative, Stimulant.

Uses.—Debility, Stomach Troubles, Gravel, Weak Generative Organs.

Ginseng grows about a foot high. There are 5 leaves to a main stem. It has small white flowers which are followed by red berries. The root is white and fleshy. The root may be tinctured in old Jamaica spirits and taken 3 times a day on an empty stomach. Good for pain in the bones from colds, debility, weakness from excessive venery, gravel and is a good restorative. It improves the appetite, strengthens the stomach and invigorates the system. The powdered root may be taken in teaspoonful doses or the decoction may be taken in teacupful doses several times a day as a nervine or tonic. A tea may also be made of the leaves. The Chinese use much ginseng and it is cultivated in gardens.

GOLDEN ROD.

Sweet Scented Golden Rod—(Solidago Odora).

Action.—Stimulant, Carminative, Aromatic.

Uses.—Nausea, Pain in Stomach and Bowels.

There are many kinds of golden rod but the flowers and leaves of the kind used as a medicine taste somewhat like fennel or anise. It is called sweet scented golden rod. The tea should not be boiled. Given freely while warm it is good for nausea or sickness at the stomach and for pain in the stomach and bowels which is caused by gas.

GOLDEN SEAL.

Yellow Puccoon—Orange Root—(Hydrastis Canadensis).

Action.—Tonic, Alterative, Laxative.

Uses.—Dyspepsia, Loss of Appetite, Sore Mouth, Inflammation of Vagina, Leucorrhoea, Gleet, Chronic Gonorrhoea, Ulcers, Sore Throat, Inflammation of Bladder.

The root is perennial, crooked, wrinkled, rough and of a bright yellow color with many long fibres. The stem is round, simple, straight and grows from 8 to 14 inches high. It commonly bears 2 rough leaves at the top, somewhat resembling the leaves of the sugar maple tree, in the center of which appears the flower which is followed by a fleshy, red and many seeded berry.

It acts especially upon the mucous surfaces. It is a powerful and valuable bitter tonic which is good for weakness and loss of appetite. It is very good when combined with other tonics. It is good after recovery from fevers, for dyspepsia and for sore mouth. For the later stages of gonorrhoea use the fluid extract of hydrastis as an injection. As an injection use $\frac{1}{2}$ dram of fl. ext. to $\frac{1}{2}$ pint of water. Also good for inflammation of the vagina and for leucorrhoea. It stains clothing. In full strength or diluted it is good for sore mouth and sore throat. In small doses of from 1 to 2 grains of the powder taken after meals it is good for dyspepsia. It is used externally for sloughing ulcers and sores. Combined with cransbill it very good for diarrhea. A decoc-

tion made by using 2 parts of golden seal and 1 part of cranesbill is very good for gleet, chronic gonorrhea and whites. It is very good as an injection for cystitis or inflammation of the bladder. For this it should be used as a decoction with 1 ounce of the root to a pint of boiling water. Should be used twice a day. Sweetened with honey and used as a gargle or wash it is very good for ulcerated sore mouth and throat. The dose of the powder is from 1 to 10 grains; of the tincture, from 1 to 2 teaspoonfuls; of the fluid extract from 1 to 5 grains; of the tea from $\frac{1}{2}$ to 2 ounces, 3 or 4 times a day.

HARD HACK.

Meadow Sweet—Steeple Bush—White Leaf—(*Spiraea Tormentosa*).

Action.—Tonic, Astringent.

Uses.—Diarrhea, Cholera Infantum, Female Troubles, Loss of Appetite, Bleeding from Lungs.

This is a small shrub from 2 to 4 feet high with many simple, erect, round, downy, hard, brittle and purplish stems, furnished with alternate leaves which are dark green or brownish above and covered with a rusty white beneath. The flowers are small, very numerous, red or purple, and grow at the end of the stems in an irregular cluster. Grows commonly on low grounds and in meadows in most parts of the U. S. Flowers in July and August. The fruit is persistent, remaining throughout the winter and furnishing food for the snow bird.

It is a tonic and astringent and useful in diarrhea and cholera infantum. As a tonic it may be used in debility where there is want of appetite. The Osage Indians chewed the dried roots and stems and drank a cold tea of the plant for hemorrhage of the lungs. The Indian women used the infusion as a wash for female troubles. The decoction is made by using 1 ounce to a pint of water and the dose is from 1 to 2 fluid ounces.

HEMLOCK TREE.

Hemlock Spruce—(*Pinus Canadensis*).

Uses.—Falling of Womb, Rheumatism, Lumbago, Sciatica, Piles, Leucorrhea, Pharyngitis, Menstrual Diseases.

The tree grows in Canada and the northern part of the U. S. and attains a height of 70 or 80 feet. A decoction made of the bark is an excellent wash for falling of the womb. Oil of hemlock is valuable externally for rheumatism, lumbago and sciatica. It should never be taken internally. The decoction is excellent for piles, leucorrhea and pharyngitis. The dilute tincture is good for menstrual diseases and is applied locally for piles. The decoction, 2 ounces of bark to a quart of boiling water, should be used externally only. It should boil a long or short time depending upon the strength desired.

HENBANE—(Poison).

Black Henbane—Fetid Nightshade—Poison Tobacco—(*Hyoscyamus Niger*).

Action.—Narcotic, Anodyne, Soporific.

Uses.—Fistulas, Boils, Ulcers, Swellings of Breasts, Tumors, Inflamed Eyes.

Cultivated for use as a medicine. Grows 2 or 3 feet high. The flowers are funnel shaped and of a dingy yellow with streaks of a bright purple color. It is a very poisonous narcotic and often causes death by being taken by mistake.

Externally it may be applied as a poultice or cloths may be wrung out of the hot decoction. Thus applied it is good for all kinds of painful inflammations, such as swellings of the breasts, boils, fistulas, scrofulous ulcers, tumors, inflamed eyes and cramps in the bowels. Internally it acts the same as belladonna and should be used with caution.

HIGH CRANBERRY.

Cramp Bark—(*Viburnum Opulus*).

Action.—Tonic, Anti-spasmodic.

Uses.—Cramps.

This grows in swamps and rich low lands in Canada and the northern part of the U. S. The leaves resemble a goose's foot. The flowers are white and in clusters. The berries resemble common cranberry and remain during the winter. They make a good drink. The bark of the root is a tonic and good for cramps. For the decoction use an ounce of the bark of the root to a pint of water and give 2 ounces 2 or 3 times a day. The tincture is made with 1 ounce of pulverized bark mixed with a quart of wine. The dose is a wineglassful twice a day. The decoction of the root taken freely is good for cramp in any part of the body and especially during pregnancy. The following combination is good. Take 2 ounces of cramp bark, 1 ounce of skullcap, 1 ounce of skunk cabbage, $\frac{1}{2}$ ounce of cloves and 2 teaspoonfuls of capsicum. Coarsely bruise and add 2 quarts of good sherry or native wine and take from 1 to 2 ounces 2 or 3 times a day.

HOLLYHOCK.

(*Althæa Rosea*.)

Uses.—Leucorrhea, Inflammation of Mucous Surfaces.

Plant is well known. A tea made of the flowers may be drank freely and is fine for leucorrhea. It is also used for inflammations of the mucous surfaces, such as the lining of the stomach, bowels, throat and urinary passages.

HOPS.

(*Humulus Lupulus*.)

Action.—Tonic, Narcotic, Sedative, Appetizer.

Uses.—Earache, Pleurisy, Toothache, Nervousness, Sleeplessness, Indigestion, Swellings, Rheumatism, Appendicitis, Inflammations.

Hops are a very good appetizer and nerve quieter and are a good tonic during convalescence from acute diseases like fever. They are good for feeble digestion and are a good nerve sedative. They can be used as a tea or a tincture. The tea is made by using a handful of hops to a quart of water. The dose of the tea is from 2 to 5 ounces. The smaller dose is to be taken as a tonic and the larger as a sedative. For nervousness take 1 or 2 ounces of the tea 3 times a day. For general infusions use from 1 to 4 teaspoonfuls of hops to a pint of water. The dose of the tincture is from 1 to 2 teaspoonfuls 3 or 4 times a day. They are used externally as a fomentation for earache and pleurisy; or, they can be placed in a flannel, moistened with hot whiskey and applied to the painful parts. For earache and toothache it is best to use the fomentation because of the warmth and steam.

In delirium tremens, hop tea with red pepper quiets the craving for drink and settles the stomach. The following combinations are good for nervousness.

Take 3 fluid drams of tincture of hops, 2 fluid drams of tincture of capsicum and 2 fluid drams of glycerine. Give a teaspoonful every hour or two. For sleeplessness and nervousness, mix 2 ounces each of tincture of hops, tincture of ammonia, valerian and spirit of nitrosi ætheris. Give 2 tablespoonfuls in water every hour or two.

Fomentations of hops are best when made with water and vinegar. When hot they are splendid for swellings, pleurisy, rheumatism, appendicitis and wherever anything hot and moist is required.

HOREHOUND.

White Horehound—(Marrubium Vulgare).

Action.—Tonic, Laxative.

Uses.—Coughs, Colds, Lung Troubles.

Grows along fences and roadsides and to the height of about a foot. The leaves are deeply notched, wrinkled and are in pairs on long, thick foot-stalks. Plant has an odor somewhat like musk. Flowers are white.

Horehound is generally given as a tea or a syrup. It is splendid for coughs, colds and lung troubles. Horehound candy is good for troublesome coughs.

HORSE CHESTNUT.

(Æsculus Hippocastanum.)

Uses.—Piles, Catarrh, Rheumatism, Gangrene, Intermittent Fever.

This tree is commonly known. A decoction made of the bark is good for gangrene when used as a wash. A decoction made of the nuts is good for rheumatism and piles. For local application an ointment may be made by mixing the powdered nuts with lard and this is a fine remedy for piles. A pinch of the powdered nuts or root, when snuffed up the nostrils every night, is good for catarrh. A decoction made of the bark is good for intermittent fever. Use $1\frac{1}{2}$ ounces of the bark to a pint of water, in making the decoction, and take a wineglassful 3 times a day. The dose of the powder is from $\frac{1}{8}$ to $\frac{1}{2}$ teaspoonful every 4 hours.

HORSE-RADISH.

(Cochlearia Armoracia.)

Action.—Powerful Stimulant.

Uses.—Neuralgia, Rheumatism, Dropsy.

The tea is made by using $\frac{1}{2}$ to 1 ounce of the root to a quart of water. The warm tea is very valuable for neuralgia, rheumatism and dropsy. Horse-radish may be used externally like mustard.

INDIAN TURNIP.

Wild Turnip—Wake Robin—Dragon Root—Jack in the Pulpit—(Arum Triphyllum).

Action.—Expectorant, Stimulant.

Uses.—Coughs, Colds, Flatulence, Stomach Cramp, Asthma, Consumption, Rheumatic Pains, Weakness.

It has a tuberous root which sends up in the spring a sheath-like leaf which is flattened and bent at the top like a hood. The sheath has within it a fleshy spike of different colored flowers, round at the top and surrounded at the base by stamens. Later comes a bunch of scarlet berries. Indian turnip

grows in swamps, along ditches and in shady places. The root is the only part used. It is acrid, pungent and even caustic to the tongue. The fresh roots are too caustic to be used internally. The roots must be dried very quickly or buried in sand or earth as they lose their virtue when exposed. They must be used in substance with milk, honey or molasses as liquor does not get their strength. Or, the fresh root may be grated or reduced to a pulp with three times its weight of sugar. This may be taken 3 times a day for colds, coughs, etc. Prepared in this way it is also very good for flatulence, cramp in stomach, asthma and consumption. Good for weakness, great prostration in typhoid, deep seated rheumatic pains and pains in the breast. The dose is from 10 to 15 grains.

IRONWOOD.

(*Astrya Virginica*.)

Uses.—Dyspepsia, Scrofula, Neuralgic Affections, Intermittent Fever.

This tree grows from 10 to 40 feet high. The heart of the tree is very hard and is the part used as medicine. A tea made from the chips of the tree is good for dyspepsia, scrofula, neuralgic affections and intermittent fever. If the fluid extract is used the dose is from $\frac{1}{2}$ to 1 teaspoonful before each meal.

JUNIPER.

(*Juniperus Communis*.)

Action.—Stimulant, Diuretic.

Uses.—Dropsy, Urinary Troubles.

Juniper grows in the U. S. and Europe and attains a height of about four feet. The leaves are long, sharp pointed, of a dark green color and stand three together without foot stalks. It flowers in June. The fruit consists of berries which contain 2 or 3 small seeds. The berries are ripe in August of the second year after the flower. To make the tea use 1 ounce of bruised berries to a pint of boiling water. Take during 24 hours. This is good for dropsy of Bright's disease and general dropsy. An overdose produces pain and suppression of urine. One-half ounce of cream of tartar added to 1 pint of the tea of the bruised berries has a good effect. The following combination is also very good. Take 6 drams of acetate of potash, $1\frac{1}{2}$ ounces of compound spirits of juniper berry and $4\frac{1}{2}$ ounces of infusion of broom tops. Mix, and take a tablespoonful 3 or 4 times a day to increase the flow of urine. In making the infusion of the berries alone take 1 ounce of berries to a pint of water. The dose of this is from 2 to 4 ounces, 3 or 4 times a day. The dose of the fluid extract is from $\frac{1}{2}$ to 1 dram and of the spirits, from 1 dram to 1 ounce. This remedy is good for urinary troubles, alone or in combination. It increases the flow of urine and renders it milder.

LADY'S SLIPPER.

Valerian—Nerve Root—Moccasin Flower—Yellow Umbel—(*Cypridedium*).

Action.—Nervine, Anti-spasmodic, Narcotic.

Uses.—Nervousness, Hysteria, Spasms, Fits, Sleeplessness, Nervous Headache.

This plant grows from 1 to 2 feet high and has from 3 to 7 leaves. It is a native of Europe and cultivated in the U. S. The shape of the flower is a singular, hollow, bag-like form, open at the top, and compared by some to a moccasin. The Indians called it "moccasin flower."

It is a nervine and gives tone to the nervous system. It is good for nervous irritation, hysteria, spasms, fits, sleeplessness, nervous headache and all other forms of nervousness. The roots are the only part used. They should be gathered in the spring before the tops begin to grow much or in the fall after they begin to die. Carefully separate after digging, wash clean and dry in the sun or in a dry airy room; then pack them away in a dry box or powder them and bottle for use. The dose of the powdered root is from $\frac{1}{2}$ to 1 teaspoonful. The decoction is made by using 1 ounce of the root to a quart of boiling water. The dose of the decoction is from $\frac{1}{2}$ to 1 ounce and may be repeated as often as necessary. The dose of the tincture is from 1 to 2 teaspoonfuls.

The following combination is good. Mix 1 ounce each of tincture of common valerian, tincture of hops and sweet spirits of nitre and take 2 teaspoonfuls in water every hour or two for sick or nervous headache which is not caused by an acid stomach. Take $\frac{1}{2}$ ounce each of powdered catnip, skullcap and yellow lady's slipper; pour on a pint of boiling water and infuse for 15 or 20 minutes. The dose is 1 fluid ounce of the warm infusion at once, after which $\frac{1}{2}$ ounce should be taken every half hour for 3 or 4 hours or until the headache ceases. Use this for 3 or 4 attacks of headache and a permanent cure is often effected.

LAUREL.

Mountain Laurel—Spoon-wood—Lambkill—Calico Bush—(*Kalmia Latifolia*)—(Poison).

Uses.—Ringworm, Itch, Skin Diseases, Catarrh.

Laurel is a shrub and grows from 4 to 10 feet high. The leaves have a bitter taste and are evergreen. They are of an oval lance shape and pointed at both ends. This shrub has beautiful rose colored flowers which are somewhat the shape of a cup. It is found growing on hills and mountains. The fresh wood is soft but when dry it is very hard.

Used externally. For ringworm and similar eruptions an ointment is made of the powdered leaves and lard. For itch and other skin diseases, a good wash is made of the decoction. For catarrh, the powdered leaves are used as a snuff. It is a powerful and dangerous medicine when taken internally.

LEMON.

(*Citrus Limonum*.)

Action.—Diaphoretic, Antiscorbutic, Stomachic.

Uses.—Colds, Scurvy, Stomach Troubles, Tan, Etc.

The lemon is a native of Asia. Small doses of the juice have a stimulating effect upon the stomach and aid digestion. An excellent drink for allaying thirst is made by using the juice of one lemon to a pint of water and sweetening with sugar. Hot lemonade is valuable for producing sweating and breaking up colds. Lemons are one of the best remedies known for scurvy. By some they are used for rheumatism and malarial fevers. As a wash the juice is good for removing tan from the face and hands.

LETTUCE.

(*Lactuca Sativa*.)

Action.—Sedative, Nervine.

Uses.—Sleeplessness, Nervous Diseases, Allaying Pain of Rheumatism and Colic, Coughs, Diarrhea.

When used as a diet, lettuce will be found of value in the treatment of many nervous complaints. It is a sedative in its action and is conducive to sleep. It contains a milky juice which has an odor and taste which is somewhat like opium. Lettuce is good for allaying the pain of colic and of chronic rheumatism and is also good for coughs and diarrhea. Lactucarium is a preparation made from the juice and the dose is from 3 to 5 grains.

LILY OF THE VALLEY.

(Convallaria Majalis.)

Action.—Errhine, Cathartic.

Uses.—Palpitation, Heart Troubles, Urinary Diseases, Dropsy, Bright's Disease.

Its root is about the size of a quill. The flowers are the part used. They are bell shaped, six lobed, and possess a fragrant odor and a bitter acid taste.

In small doses it strengthens the heart action. The larger doses lessen the activity of the heart. It relieves palpitation and difficult breathing, increases the flow of urine, reduces dropsy and is good for chronic Bright's disease. The following is a good combination for general dropsy from heart and kidney disease. Take $1\frac{1}{2}$ drams of fluid extract of lily of the valley, $\frac{1}{2}$ ounce of bitartrate of potash and enough simple syrup to make 4 ounces. Take a tablespoonful 3 or 4 times a day. For valvular insufficiency and functional heart disease the following will be found good. Mix 2 drams of fluid extract of lily of the valley with enough syrup of orange peel to make 2 ounces and take from a teaspoonful to a tablespoonful 3 times a day. In making a tea of the flowers use one part of the flowers to 3 parts of water and take from $\frac{1}{2}$ to 2 ounces 3 or 4 times a day.

LIVERWORT.

Noble Liverwort—Liver Leaf—(Hepatica Triloba).

Action.—Demulcent, Tonic.

Uses.—Liver Troubles, Indigestion.

The leaves of liverwort live through the winter and they resemble clover leaves. The flowers appear very early in the season and are small and white. They droop at first but spread out as they unfold.

The plant is used a great deal for liver complaints and indigestion. It is given as a tea, either warm or cold, and may be drunk freely.

LOBELIA.

Indian Tobacco—Wild Tobacco—Poke Weed—Emetic Herb—Asthma Weed—(Lobelia Inflata).

Action.—Emetic, Diaphoretic, Expectorant.

Uses.—Asthma, Stings, Spasms.

This plant grows in abundance by the road and in stubble fields. The first year it throws out a few roundish leaves and the next year it produces the stem, branches and seeds. It has an erect, hairy stem with blue flowers in the axils of the leaves. The capsule out of which the flower grows contains two cells and is very full of small black seeds. A powder is made of the seeds. In making lobelia tea use an ounce of the leaves, seeds and pods to a pint of water. The dose of this for asthma is from 1 to 2 teaspoonfuls every 10 minutes until the patient is sick at the stomach. The dose of the powder is from 1 to 5 grains; 10 to 20 grains act as an emetic. The dose of the tincture is

10 drops every 10 minutes, for asthma, and should be continued until a little nausea is produced. For emetic action it is too severe. Only enough should be given to produce sickness at the stomach. This is a very active remedy and should be given carefully. Poultices of powdered lobelia and slippery elm bark with weak lye water are very good for bites and stings of poisonous insects, spasms and pains of the limbs, and to produce muscular relaxation.

MANDRAKE.

May Apple—Indian Apple—(*Podophyllum Peltatum*).

Action.—Cathartic, Alterative, Cholagogue.

Uses.—Constipation, Jaundice, Dyspepsia, Liver and Bowel Troubles, Sick Headache.

This plant grows in the U. S. and Canada. It branches into 2 stems, each bearing on its top two large umbrella-like leaves. The flowers are yellowish and produce a large fruit which is called yellow may apple and is somewhat like a lime in appearance. It grows on uplands and in meadows and woods. The root is sometimes as large as the little finger.

It is good for constipation. As a cathartic, give from 5 to 30 grains of the powdered root. It is slow in action. In chronic cases, as an alterative, give from 1 to 3 grains twice a day. The dose of mandrake bought in drug stores is from $\frac{1}{8}$ to 1 grain and should be given at night. It is also good in jaundice and dyspepsia which are dependent upon a deficient secretion of the liver and bowel glands. For these use small doses; 1 grain of the powdered root or $\frac{1}{2}$ grain of the resin 3 or 4 times a day. This remedy relieves sick headache which is associated with loose and dark colored stools. The dose of the resin is $\frac{1}{8}$ grain night and morning; of the powder, 1 grain every 2 hours for a few days; and of the fluid extract, from 1 to 30 drops.

MARIGOLD.

(*Calendula Officinalis*.)

Uses.—Cuts, Wounds, Sprains.

It is hard to make an infusion from this plant and it is better to get the medicine from a homeopathic pharmacy.

It is the best remedy known for cuts and wounds in either man or beast. It may be applied full strength after first thoroughly cleansing the wound. Saturate clean linen cloth, put on the cut and tie. Re-dress as necessary. It is good in combination with arnica for sprains but is better for cuts and torn wounds. Every family should keep calendula water and tincture in the home. An infusion may be made by using about 2 ounces of the leaves and flowers to a pint of boiling water. This is for external use only.

MARSHMALLOW.

Mortification Root—(*Althæa Officinalis*).

Action.—Demulcent.

Uses.—Mortification, Inflammatory Swellings, Cankered Mouth, Sore Throat, Hoarseness, Catarrh, Gonorrhea, Bladder Troubles.

Grows in the U. S. along the banks of rivers and in marshy places. Has smooth, downy, heart shaped leaves and large, single, light rose colored flowers with beautiful tracery of a bluish color.

It is used to prevent mortification (gangrene) when threatened. It is also

applied to inflammatory swellings. Bruise the root after it is cut into small pieces and boil in milk. Slippery elm may be added if desired. Apply warm and renew often. For the infusion use from $\frac{1}{2}$ to 1 ounce of the root to a quart of water and boil down to a pint. It is good when applied locally for cankered mouth and as a gargle for sore throat. The syrup is good for coughs when used freely. It is also good for hoarseness, catarrh, gonorrhea and irritated bladder with painful urination. It is also used externally as a poultice.

MILK WEED.

Silk Weed—(Asclepias Cornuti).

Uses.—Dropsy, Catarrh, Rheumatism, Sores, Gravel, Retention of Urine, Coughs, Asthma, Scrofula.

Bears purplish-white flowers in July and August. Gives out a milky juice when bruised. This is a well known plant which is very common in the U. S. It is valuable for dropsy, catarrh, rheumatism and sores. For the decoction, boil from 4 to 8 ounces of the dried root in 6 quarts of rain water. Take from 2 to 4 ounces at a dose 4 times a day for dropsy and rheumatic affections.

When the green plant is bruised and applied locally it is good for sores and ulcers. The roots put into gin may be used for dropsy and gravel. Good for retention of urine, coughs, asthma, scrofula and rheumatism. The dose of the powder is from 10 to 20 grains; of the decoction, from 2 to 4 ounces and of the tincture, from 10 to 60 drops.

MOTHERWORT.

(Leonurus Cardiaca.)

Action.—Anti-spasmodic, Diaphoretic.

Uses.—Menstrual troubles, Hysteria, Sweating.

This valuable plant grows in the U. S. and has a strong, hard, square, brownish stalk from 2 to 4 feet high which spreads into many branches. The leaves are broad and long and notched about the edge and there are two at each joint. From the middle of the branches to the tops the flowers grow round about them in sharp, pointed, rough, prickly husks or burrs of a red or purple color. Grows in fields and pastures and flowers from May to September.

It is an excellent anti-spasmodic and is good for monthly sickness and as a cordial for sweating. The dose of the powder is a tablespoonful. The tea is made by using 2 ounces to a quart of water and it may be drank freely and often. The decoction should be boiled from a quart down to a pint. The dose of the decoction is from 1 to 2 tablespoonfuls every 1 to 3 hours. It is used for menstrual troubles where there is much pain. Also used for hysteria and for sweating.

MULLEIN.

(Verbascum Thapsus.)

Action.—Emollient.

Uses.—Earache, Diarrhea, Painful Urination, Piles, Scalds, Wounds, Sprains, Swellings, Ulcers, Lumps, Sore Throat, Tonsillitis, Mumps, Sore Eyes.

The warm oil is splendid for earache. Drop into the ear and insert cotton. The tea is made by boiling 4 ounces of fresh, or 6 ounces of dry leaves, in a pint of fresh milk for 10 minutes. Drink this quantity 3 times a day for coughs, dysentery or piles. Also good for diarrhea and painful passing of urine. Good wash for piles and scalds and for wounds in cattle. A poultice of the pulp and

leaves is good for sprains and swellings. The leaves boiled in vinegar and water are good for sores and ulcers. Weak mullein tea is good for weak and sore eyes. Fomentations of the leaves are good for external piles, ulcers and lumps. The leaves infused in hot vinegar or water are very good when applied to the throat for sore throat, tonsillitis and mumps. The flowers placed in a tightly corked bottle and exposed to the sun's action are said to yield a fine relaxing oil.

MUSTARD.

White Mustard and Black Mustard—(*Sinapis Nigra* and *Sinapis Alba*).

Action.—Emetic, Irritant, Stimulant, Epispastic, Rubefacient.

Uses.—Liver and Stomach Troubles, Neuralgia, Headache, Sleeplessness, Amenorrhea, Lumbago, Colic, Croup, Sciatica.

This is a warm stimulating medicine when something is needed to liven the stomach. A poultice made with mustard alone or with horseradish leaves mixed with vinegar, bread crumbs and white of eggs, makes a fine application for neuralgia. Do not let it stay on long enough to blister but just to redden the parts. This is good whenever it is desired to draw the blood to the surface or away from the congested parts as in convulsions and lung troubles. This is also especially good on the back of the neck for headache and neuralgia. Never put it on the feet, or at least not for a very long time or you will have a long resting spell as you will be unable to walk. Mustard may be used in water, though, as a foot bath when it is desired to draw the blood from the brain in case of sleeplessness, amenorrhea or headache. A handful of ground mustard is the amount to be added to the bath. Poultices and plasters should remain on from 10 to 15 minutes only. Mustard water is used as an emetic for poisoning. Mustard leaves may be bought at the drug store and are splendid for neuralgia, headache, lumbago, colic, croup, sciatica, etc. Dampen them with cold water before applying. They are better than the poultice and should be kept on for from 5 to 10 minutes. The dose of mustard as an emetic is from 1 to 3 teaspoonfuls in 6 to 8 ounces of warm water. Mustard applied locally is good for pains almost anywhere.

NETTLE.

Great Stinging Nettle—(*Urtica Dioica*)—(*Urtica Hispida*).

Action.—Astringent, Tonic, Diuretic.

Uses.—Diarrhea, Dysentery, Piles, Scurvy, Gravel, Kidney Troubles, Bowel Troubles, Bleeding.

Use the roots or leaves. The plant is a dull green and armed with very small rigid hairs or prickles. The stem is from 2 to 4 feet high. The flowers are green and in branching, clustered, axillary, interrupted spikes. The plant is common in Europe and the U. S. It grows in waste places and flowers from June to September. A decoction of the plant, made by using 1 ounce of the plant to a pint of water, when strongly salted, will coagulate milk as readily as rennet without imparting to it any unpleasant flavor.

It is astringent, tonic and diuretic. It is valuable in diarrhea, dysentery, piles, scurvy and in gravel and other kidney troubles. A strong syrup of the root of the nettle combined with wild cherry and blackberry root is excellent for all summer complaints of children and bowel affections of grown people. The leaves, when applied to bleeding surfaces, are good to stop the flow of blood. The dose of the powdered root or leaves is from 20 to 40 grains and of the decoction, from 2 to 4 fluid ounces 3 or 4 times a day.

ONION.

(Allium Cepa.)

Action.—Expectorant, Sedative, Stimulant, Diuretic, Rubefacient.

Uses.—Croup, Laryngitis, Earache, Coughs, Bronchitis, Eczema, Inflammations.

The action of onion as an expectorant is similar to the action of garlic but onions are not so strong and are pleasanter to take. They are also used as poultices. In large doses they cause stomach uneasiness and flatulence. When used as a poultice they are very fine for croup, laryngitis and earache. Added to sugar and water they are good as a cough syrup. Boiled Spanish onion eaten at night is an excellent laxative. Raw onion applied locally is very good for inflammations and especially if a little salt is added. Onion syrup is good for chronic bronchitis. For chronic eczema the following is good. Take equal parts of syrup of Spanish onion and syr. phosphate compound. Give 1 or 2 teaspoonfuls in water or milk 3 or 4 times a day. Milk helps to take away the smell after eating.

PARSLEY.

Rock Parsely—(Petroselinum).

Action.—Diuretic, Aperient.

Uses.—Female Troubles, Urinary Troubles, Gonorrhea, Dropsy, Vermin, Swollen Breasts, Enlarged Glands, Bruises, Bites and Stings.

This is a very common plant, about 2 feet high and bearing small yellow flowers. A poultice is made from the bruised leaves. The fresh root is best for the tea. The tea is made by using an ounce of the root to a pint of water and the dose is from $\frac{1}{2}$ to 2 ounces taken hot. It is good for amenorrhea, or no menses, and dysmenorrhea, or painful menses. It is also good as a diuretic in dropsy, retention of urine and painful urination and is also good for gonorrhea. The dose is $\frac{1}{2}$ ounce every 2 to 4 hours. It is good for dropsy following scarlet fever and other eruptive diseases. The seeds and leaves sprinkled on the hair will destroy vermin. Fomentations of the leaves are applied for bites and stings of insects. The bruised leaves are good for bruises, swollen breasts and enlarged glands. The dose of the oil as a diuretic is 5 drops 3 or 4 times a day. The tea is made by using an ounce of parsley to a pint of water. The dose is from 2 to 4 ounces 3 or 4 times a day.

PARTRIDGE BERRY.

Squaw Wine—Checker Berry—Winter Clover.

Action.—Tonic, Alterative.

Uses.—Womb Troubles, Painful Labor, Sore Nipples, Dropsy, Suppression of Urine, Diarrhea.

This is an indigenous evergreen herb with a perennial root from which arises a smooth and creeping stem. The stem is furnished with rounded, ovate, or slightly heart shaped, dark green, shining leaves usually variegated with whitish lines. It is somewhat like clover and bears one flower and one white-winged red berry in a place. It is indigenous to the U. S., growing in dry woods among hemlock timber and in swampy places. Flowers in June and July. The whole plant is used.

The Indian women drank a tea made of this plant for weeks before labor to make it easier. It seems to have a special action on the womb. Tonic and alterative. A strong decoction is made by using 2 ounces of the plant to a

COMMON HERBS USED AS MEDICINES.



Liverwort or Hepatica.
Used for Liver Troubles, Indigestion, etc.



Beth Root or Nodding Wake-Robin.
Used for Female Troubles, Diarrhea, Dysentery, Tumors, Ulcers, Carbuncles, Bleeding, etc.



Black Cohosh or Squaw Root.
Used for Female Troubles, Asthma, Nervous Excitement, Epilepsy, Convulsions, Whooping Cough, Rheumatism, etc.



Lobelia or Indian Tobacco.
Used for Asthma, Stings, Spasms, and as an Emetic for Croup, etc.



Pennyroyal.
Used for Suppressed Menses, Whooping Cough, Colds, Colic, etc.



Poison Hemlock.
Used for Rheumatism, Lumbago, Sciatica, Piles, Sore Throat, Leucorrhea, Falling of Womb and Menstrual Troubles.

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pint of water. The dose is 2 or 3 ounces 2 or 3 times a day. It is also good for dropsy, suppression of urine and diarrhea. For sore nipples take 2 ounces of the herb, fresh if possible, and make a strong decoction with a pint of boiling water. Strain and add as much cream as there is liquid in the decoction and boil the whole down to the consistency of a soft salve and when cool anoint the nipples after each nursing.

PEACH TREE.

(*Amygdalus Persica.*)—(*Prunus Persica.*)

Action.—Tonic, Vermifuge, Laxative, Sedative.

Uses.—Constipation, Worms, Urinary Troubles, Debility, Leucorrhea.

The dried fruit stewed with sugar is good for constipation. A cordial or tincture may be made of peach pits. It is a tonic and is also good for worms. Take a handful of the leaves and blossoms or the blossoms alone, steep in 1 pint of boiling water and give freely and repeatedly in small doses of from $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonfuls and follow with a purge. This usually brings the worms away from children. It is also good for urinary obstructions. Peach pits tinctured in brandy in the proportion of 4 ounces of pits to a quart of brandy form a powerful tonic in all cases of debility. It is also good for leucorrhea. The dose is a teaspoonful 3 times a day.

PENNYROYAL.

(*Hedeoma Pulegioides.*)

Action.—Carminative, Resolvent, Anti-spasmodic, Emmenagogue, Diaphoretic, Expectorant.

Uses.—Female Complaints, Whooping Cough, Colds, Colic.

Has small, fibrous, yellowish, annual root; upright stem with slender erect branches; leaves, small, rough and oblong and pale beneath; and small, white flowers, with purple edges, along branches.

Its action is carminative, resolvent, chest sweater, anti-spasmodic and stimulant to the menses. It is very good for female complaints such as suppressed menses, hysterics, etc. It is then given as a sweetened hot tea and fomentations are used over the womb. It promotes expectoration in whooping cough and it is good for pains in the hips and few menses. Good for colds and colic in children and warms the stomach and causes sweating. Make a strong hot tea and take it frequently. Do not use oil of pennyroyal as it is dangerous when used to bring on the menses. Pennyroyal is a protection against mosquitoes. Place the fresh herbs around the room and bathe the hands and face with the tea.

PEPPERMINT.

(*Mentha Piperita.*)

Action.—Carminative, Aromatic, Stimulant.

Uses.—Nausea and Vomiting, Hysterics, Colic.

Very common in wet lands. It is hot and pungent and the strongest of all mints. Has a well-known odor.

It is useful to check nausea and vomiting, to relieve hysterics and to prevent the griping effects of cathartics. Much used for colic in children. Bruised and applied externally to the stomachs of children it is good to allay sickness and vomiting. The tea is made by using an ounce of the herb to a quart of boiling water. The dose is from 1 dram to 1 ounce and may

be taken frequently. The dose of essence for an adult is from 5 to 60 drops in hot sweetened water. The dose of oil of peppermint is from 1 to 5 drops in hot water.

PINK ROOT. (Spigelia.)

Action.—Vermifuge.

Uses.—Worms.

This is good in combination with senna for round worms. (Pink and Senna.) The following combination is also good for worms. Take $\frac{1}{2}$ ounce of pink root, 2 drams of senna, 2 drams of fennel seed, 1 ounce of manna and a pint of boiling water. The dose for a child is from 1 to 2 tablespoonfuls and for an adult from 1 to 2 wineglassfuls. The dose of powdered pink root for a 3-year-old child is from 10 to 20 grains and the dose of strong pink root tea is from 1 to 2 ounces at bed time. This should be followed in the morning by a cathartic.

PLANTAIN.

Large Plantain—Round Leaved Plantain—(Plantago Major).

Uses.—Bleeding, Ivy Poisoning, Burns, Scalds, Bruises, Erysipelas, Toothache; Bites of Insects, Spiders and Snakes.

The fresh leaves ground to a paste in a mortar and applied to wounds will check bleeding. Good, also, for ivy poisoning, burns, scalds, bruises and even erysipelas. For toothache apply the bruised leaves of the cheek and the paste to the tooth. The juice taken internally, 1 ounce every hour, and also applied to the wound is good for bites of insects, spiders and snakes.

PLEURISY ROOT.

Butterfly Weed—White Root—Orange Swallowwort—(Asclepias Tuberosa).

Action.—Diaphoretic, Expectorant

Uses.—Pleurisy, Colds, Acute Rheumatism, Diarrhea, Dysentery, Measles.

Generally grows in poor soil. The root is large, fleshy, whitish, and when dried is brittle. The stems are round, hairy and green or red. The leaves are very hairy and pale beneath. The flowers are of a bright orange color. The seeds are in the long, slender pods to which is attached a kind of silk. It is used as a tea and a powder. The dose of the powder is from $\frac{1}{4}$ to $\frac{1}{2}$ teaspoonful 3 times a day.

For pleurisy, use the tea. It is made with 1 ounce of root to a pint of water. The regular dose is from 1 to 2 ounces. Give $\frac{1}{2}$ ounce every 2 hours for pleurisy, colds and acute rheumatism. Good as a sweater and to bring out the eruption of measles, etc. The dose of the tincture is from $\frac{1}{2}$ to 1 dram. Pleurisy root is good for diarrhea and dysentery, either as a tea or tincture. A good combination is made by taking 2 ounces of pleurisy root, 1 ounce of brandy and 3 ounces of syrup of raspberry. The dose is from 1 to 4 drams every hour or two for diarrhea and dysentery.

POKE ROOT.

Poke Weed—Pigeon Berry—Garget—Coakum—(Phytolacca Decandra).

Uses.—Caked Breasts, Abscess of Breasts, Sore Throat, Tonsillitis, Chronic Skin Diseases, Chronic Rheumatism, Syphilis.

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This plant is commonly known. Nearly every child has made ink of the berries and a description is not necessary. The root should be gathered late in the fall. Put the leaves into boiling water to extract the medicinal qualities. Can make a tincture of this and the root. It is very cheap and it is best to buy either the tincture or fluid extract for external use.

It is excellent for caked breasts. Make and apply a poultice of the root and it is well at the same time to take either the tincture or the fluid extract internally. The dose of the fluid extract is 2 drops every hour or two and the dose of the tincture is 5 drops every hour or two. It is very good for sore throat, tonsillitis, chronic skin diseases and abscess of the breast. A tea may be made and used instead of the tincture or fluid extract. In chronic diseases the dose of the fluid extract is from 5 to 30 drops; of the tincture, from 10 to 60 drops and of the powder from 1 to 5 grains. These doses should be taken 4 times a day. It is good for syphilis and chronic rheumatism when in combination with other blood remedies such as iodide of potash. Use 8 grains of iodide of potash to each fluid ounce of poke root syrup.

PRICKLY ASH.

Yellow Wood—Toothache Tree—(*Xanthoxylum Fraxineum*).

Action.—Stimulant, Tonic, Alterative.

Uses.—Chronic Rheumatism, Colic, Syphilis, Liver Troubles, Blood Diseases.

Grows from 10 to 12 feet high. The branches are covered with prickles; leaves are alternate and pinnate; flowers are near the origin of the young branches and are small and greenish and appear before the leaves and each fruitful flower is followed by capsules. The capsules are oval and covered with excavated dots, varying from green to red, two valved and one seeded. The seeds are oval and blackish. Grows in Canada and the United States. Flowers in April and May.

It is a stimulant, tonic and alterative. Useful in chronic rheumatism, colic, syphilis and liver troubles. Combined with blue flag and mandrake, it is good for scrofulous, syphilitic and other blood diseases when given frequently and in small doses. The dose of the powder is from 5 to 10 grains a day. This is a very good blood remedy and especially when in combination with poke root, burdock, red clover, blue flag, mandrake, etc.

PUMPKIN SEED. (Pepo.)

Uses.—Tape Worms, Suppression of Urine.

For tape worms eat a lot of the shelled seeds at night. Follow in the morning with rochelle salts and castor oil. The following is a good combination. Take 1 dram of oleoresin aspidium, 10 drops of chloroform and 12 ounces of emulsion of pumpkin seeds. Divide this amount into 2 doses to be taken an hour apart and followed by rochelle salts an hour later. The seeds can be crushed and beaten into a paste with milk and sugar and then strained; or, water and milk may be used. Fast, clean out the bowels, and then take at night and follow in the morning with castor oil or rochelle salts. Pumpkin seeds are one of the very best remedies known for expelling tape worms. They are also good for suppression of the urine. Pumpkin seed tea is very good for either children or adults. Adults can eat the shelled seeds.

QUEEN OF THE MEADOW.

Purple Boneset—Joe Pye Weed—Gravel Root—(*Eupatorium Purpureum*).

Action.—Resolvent, Tonic, Diuretic.

Uses.—Gravel, Stone Colic, Dropsical Affections, Urinary Troubles.

This medicine was frequently used by the Indians for gravel and stone colic. The plant is herbaceous with a perennial, horizontal, woody caudex with many long, dark brown fingers which send up one or more solid, green, sometimes purplish, stems, 5 to 6 feet high with a purple band about an inch broad at their joints. The leaves are feather veined and from 3 to 6 in a whorl and about 6 inches apart. They are from 8 to 10 inches long and 4 to 5 inches wide and are thin. The flowers are purplish white with purple stems. Grows in swamps and low grounds from Canada to Virginia and flowers in August and September. The root is the part used.

It is slightly tonic. Splendid in dropsical affections, difficult and painful micturition, chronic urinary trouble, gravel and stone in bladder, stone, colic, etc. For the decoction use an ounce of the root to a pint of water. The dose is from 2 to 4 ounces 3 or 4 times a day. The dose of the tincture is from 5 to 20 drops. This is an excellent remedy.

QUEEN'S DELIGHT.

Queen's Root—Yaw Root—(*Stillingia*).

Action.—Emetic, Cathartic, Alterative.

Uses.—Blood Diseases, Syphilis, Scrofula, Piles, Liver Troubles, Jaundice, Constipation, Dropsy.

Usually grows in dry and open woods in Europe and the United States. Has a large, thick, woody root and a light-colored stem and grows from 2 to 3 feet high. The leaves are oblong, taper somewhat at both ends and are bordered with very small teeth. Bears a spike of yellow flowers. Plant, when broken, discharges a milky juice.

The bark of the fresh root is a great blood remedy. Is good for syphilis, scrofula, piles and liver disorders such as jaundice and constipation from torpid liver. It is good in the first stages of hardened liver and its result, dropsy of the bowel. Good in combination with other plants and iodide of potash, for blood diseases. The following is a good combination. Take 1½ ounces of tincture of stillingia, 1 ounce of poke root, 1 dram of nux vomica and 5 ounces of prickly ash. Give 2 teaspoonfuls in water 3 or 4 times a day for syphilis and scrofula. For the decoction use 1 ounce to a quart of boiling water. The dose is from 1 to 2 ounces 3 or 4 times a day. In decoction it should be taken for a long time for blood diseases.

ROOT PARSLEY.

(*Apium Petroselinum*).

Action.—Diuretic, Aperient.

Uses.—Dropsy, Kidney Troubles, Urinary Troubles, Gonorrhea, Vermin Bites and Stings, Contusions, Swelled Breasts, Enlarged Glands.

Native of Europe but is cultivated in gardens. The whole plant has an aromatic odor and the leaves are used for culinary purposes. Rises about 2 feet and bears small yellow flowers. The root is the best and should be gathered and used fresh.

It is a diuretic and acts upon the kidneys. It is very useful in dropsy

following scarlet fever and other eruptive diseases. It is also good for retention of water, painful urination and gonorrhea. The seeds and leaves powdered and sprinkled on the hair, or used as an ointment, will destroy vermin. The leaves when applied as a fomentation aid in curing bites and stings of insects. When bruised they are good applied to contusions, swelled breasts and enlarged glands. The tea is made by using 1 ounce to a pint of water. The dose is from 2 to 4 ounces 3 or 4 times a day. The seeds are rather poisonous.

RED CLOVER.
(*Trifolium Pratense*.)

Uses.—Blood Diseases, Whooping Cough, Scrofula, Syphilis, Chronic Rheumatism, Skin Diseases, Ulcers.

A description is not needed. For the tea use a handful of clover tops to a pint of water and give 1 or 2 drams at a dose. Taken frequently it is good for whooping cough. Taken alone or in combination it is also good for blood diseases such as scrofula, syphilis, chronic rheumatism and skin diseases. A syrup is also made and used internally. May be taken freely. Good for sores and ulcers when freely applied. Often used in combination with other blood remedies. The following is a good plaster for ulcers. Take 4 pounds of red clover blossoms and 1 pound of the roots, or roots and tops, of narrow dock. Boil in water until the strength is out, then separate the clover and dock from the liquid, carefully pressing out all the juice, and return it to the kettle and continue the boiling, using the utmost care to prevent burning, until reduced to a salve or paste.

RHUBARB.
(*Rheum*.)

Action.—Astringent, Cathartic, Tonic.

Uses.—Bowel Complaints.

Scorch, or rather roast, but not burn, some powdered rhubarb and put 1 ounce into a pint of brandy or blackberry wine with enough essence of cinnamon to give it a good flavor and then sweeten with loaf sugar. A teaspoonful or more for children is a very good remedy in bowel complaints. Spiced syrup of rhubarb is also an excellent remedy for bowel troubles in children and is pleasant to take. The dose is from 1 to 4 teaspoonfuls.

SAFFRON.

True Saffron—Spanish Saffron—(*Crocus Sativus*).

Action.—Stimulant, Emmenagogue.

Uses.—Chlorosis, Hysteria, Spasms, Stomach Troubles, Eruptive Diseases, Menstrual Troubles.

The root is a small bulb upon a larger root with a great number of fibres growing from the base. Four or five grassy leaves about 5 inches long rise from the root and from this root there arises a stalk about 4 inches high bearing a single flower resembling a crocus. The leaves are long, grassy, and of a dark green color. The flowers are the part used.

Saffron tea made from the flowers is good to bring out the eruption of measles, scarlet fever and other eruptive diseases. It is also good for the pains in the back accompanying menstruation. Good for hysteria, chlorosis

and to increase the flow of urine. Gives tone to the stomach and is also good for spasms.

SAGE.
(*Salvia*.)

Action.—Tonic, Astringent, Stimulant, Condiment.

Uses.—Summer Complaints, Worms, Colds, Sore Mouth, Sore Throat, Night Sweats.

The tea is made by using from 4 to 8 ounces of sage to a pint of boiling water and the dose is from 1 ounce to a wineglassful. It is a tonic, astringent and stimulant. Good for summer complaints and worms in children. For colds it should be taken hot and freely. Good for checking the night sweats of tuberculosis. The following is the combined sage gargle. Take 4 ounces of alum, 1 ounce of sage, 2 fluid ounces of strained honey and 1 pint of boiling water. It is used locally for sore mouth or it may be diluted with water and used as a gargle for sore throat. Sage, honey and borax is also good for sore mouth. Sage and honey are good for sore throat. Make it strong enough to suit the taste. Sage tea alone is good as a gargle for sore mouth and throat or it may be combined with vinegar and pepper. Use from $\frac{1}{2}$ to 1 ounce of sage to a pint of vinegar and a pinch of pepper.

SARSAPARILLA.
(*Aralia Nudicaulis*.)

Action.—Stimulant, Tonic, Diaphoretic.

Uses.—Chronic Rheumatism, Blood Diseases, Syphilis, Scrofula, Chronic Skin Diseases.

Found in abundance along the Ohio River. The best is imported and can be bought at drug stores. The root is the part used.

It is good for chronic rheumatism, syphilis, scrofula and chronic skin diseases. It is excellent to cleanse the blood. It is especially good in combination. The following is the compound decoction of sarsaparilla. Take 10 parts of sarsaparilla, 2 parts sassafras, 2 parts guaiac wood, 2 parts of licorice root, 1 part of leatherwood and 83 parts of water. The dose is from 1 to 4 ounces. It is also good in combination with iodide of potash. Take $\frac{1}{2}$ ounce of compound syrup of iodide of potash, 3 ounces of syrup of sarsaparilla compound and 3 ounces of distilled water. Give $\frac{1}{4}$ ounce in a glass of water two hours after meals for syphilitic skin affections.

SASSAFRAS.
(*Laurus Sassafras*.)

Action.—Mucilaginous, Sudorific, Stimulant, Astringent, Aromatic.

Uses.—Rheumatism, Kidney Troubles, Corrosive Poisons, Old Sores, Inflammation of the Eyes, Eruptive Diseases.

The wood, root and bark are used. Use 1 ounce of sassafras to a pint of water in making sassafras tea. The dose is from 2 drams to an ounce. The dose of oil of sassafras is from 1 to 4 drops. The tea is good for rheumatism. It should be used hot and should be taken for a long time. Also good for kidney troubles. The tea is a good mucilaginous or soothing drink to be used after corrosive poisoning. Use 2 parts of sassafras to 100 parts of water and drink freely. Take the pith of the wood and make a salve

for old sores. A good wash for inflamed eyes is also made from the pith. Hot sassafras tea is good to bring out the eruption of eruptive diseases.

SCOURING RUSSH.

Shave Grass—Horse-tail—(*Equisetum Hyemale*).

Action.—Diuretic, Astringent.

Uses.—Dropsy, Gravel, Urinary Troubles, Kidney Diseases, Gonorrhea, Gleet, Acid Dyspepsia.

This is a perennial plant with simple, stout, erect, jointed and hollow stems growing from 2 to 3 feet high, each stem bearing a terminal ovoid spike. Frequently 2 or more stems are united at the base to the same root. The fruit is arranged in whorls. From 4 to 7 spiral filaments surround the spores, which resemble green globules, and roll up closely around them when moist and uncoil when dry. Grows in the northern and western parts of the United States on wet grounds and matures in June and July.

It is diuretic and astringent. The tea drunk freely has been found useful in dropsy, suppression of urine, blood in urine, gravel and kidney diseases. It is also good for gonorrhea and gleet. The ashes of the plant are good for acid dyspepsia. The dose of pulverized ashes is from 3 to 10 grains 3 or 4 times a day. For the tea use an ounce to a pint of water. The dose is from 1 to 2 ounces 3 or 4 times a day.

SENECA SNAKE ROOT.

Milkwort—Mountain Flax—(*Polygala Senega*).

Action.—Stimulant, Diuretic, Expectorant, Emetic, Purgative.

Uses.—Snake Bites, Coughs, Pleurisy, Asthma, Cramps, Croup, Female Obstructions.

The root is firm, hard, branching, crooked and woody. There are many stems and they are smooth and occasionally tinged with red. Grows from 8 to 12 inches high. The leaves are numerous and alternate or scattered. They are long, narrow and bright green on the upper and pale on the under side. The flowers are white and in a close terminal spike. The spike opens gradually, so that the lower ones are in fruit while the upper ones are in bloom. Grows in the northern parts of the United States on the sides of hills and in dry woods.

Was considered by the Indians an antidote for snake bites. It is stimulant, diuretic, expectorant, emetic, purgative. Is good for coughs, pleurisy, asthma, cramps, and female obstructions. It is used as a tea, powder or syrup. The dose of the powdered root is from 10 to 20 grains every 3 hours. For croup of children use a decoction made by using an ounce of the root to a pint of boiling water. The dose is a teaspoonful every half hour until it acts as an emetic and cathartic. The dose of the tea for adults is from $\frac{1}{2}$ to 2 ounces 3 or 4 times a day for the above troubles.

SENNA.

Action.—Purgative.

Uses.—Constipation.

Senna increases the action of the bowels and causes free elimination. It has some action on the liver also. It is used in the form of a tea made from the leaves. Senna is one of the ingredients of Rocky Mountain Tea,

Lane's Tea, Garfield Tea and Syrup of Figs. Senna is frequently used in combination with other remedies. It is a safe and sure cathartic but sometimes causes griping pains and sickness at the stomach when used alone.

SHEEP SORREL.
(*Rumex Acetosa*.)

Action.—Refrigerant.

Uses.—Tumors, Ulcers, Old Sores, Cancers, Inflammations.

This plant is too common to need description. To make a poultice wrap the leaves and roast them and apply to tumors and inflammations. It will hasten the healing. The following is also good. Take sheep sorrel, bruise and press out the juice, place it on plates and dry in the sun until of the proper consistency for a plaster. Apply on white paper or a soft piece of bladder to old sores, ulcers or cancers. Renew occasionally. If it proves too painful it may be left off at night. This is also good for old sores on stock.

SKULLCAP.

Mad Weed—Hoodwort—Blue Pimpernel—(*Scutellaria*).

Action.—Diaphoretic, Tonic, Nervine.

Uses.—St. Vitus' Dance, Convulsions, Twitchings, Teething, Tremors, Restlessness in Young Girls, Delirium Tremens.

This plant is found growing near water in the United States. It has very little smell and a slightly bitter taste. The root is yellow and fibrous. The stem grows from 1 to 3 feet high. The flowers are of a pale blue color and grow in long spikes. A strong tea is made with 1 ounce of the plant to a pint of water and the dose is from $\frac{1}{2}$ ounce to an ounce 3 or 4 times a day. It is good for St. Vitus' dance, convulsions, twitchings, teething, tremors and also for restlessness in young girls. The dose of the fluid extract is from $\frac{1}{2}$ to 1 dram. The infusion drunk freely quiets delirium tremens. The warm tea keeps the skin moist and the cold tea has a tonic action.

SKUNK CABBAGE.

Meadow Cabbage—Swamp Cabbage—Fetid Hellebore—(*Dracontium Fœtidum*).

Action.—Emetic, Stimulant, Antispasmodic, Narcotic.

Uses.—Asthma, Chorea, Coughs, Catarrhs, Chronic Bronchitis.

Grows in boggy woods and swamps in the United States. The flowers are among the first that appear in the spring. It is stemless and looks somewhat like a cabbage. Good for asthma, chorea, coughs, catarrhs and chronic bronchitis. The dose of the powdered root is from 3 to 10 grains 4 times a day. Large doses produce nausea, vomiting, dizziness and dimness of sight. The dose of the tincture of the fresh root is from 1 to 2 teaspoonfuls. The tea is made with 1 ounce of the root to a pint of boiling water. The dose is 1 to 2 ounces 3 times a day.

SMARTWEED.

Water Pepper—Knot Grass—Biting Knot Weed—(*Polygonum*).

Uses.—Amenorrhea, Sprains, Bruises, Rheumatism, Stone in Bladder.

This is a small herb with narrow green leaves and spikes of small greenish or whitish flowers. Grows in New York.

For internal uses make a cold tea with 1 ounce of smartweed to a pint of water. Never scald it for internal use. Take freely for several days before the menstrual period in case of amenorrhea or slight menses. For this disease you can use $\frac{1}{2}$ dram of the fluid extract if you wish 3 or 4 times a day. Externally it is splendid for sprains, bruises and rheumatism. Can be combined with wormwood, water and arnica. Saturate cloths and apply hot and continuously. The dose of the cold tea is from 2 to 4 ounces. The ashes of this plant combined with the ashes of thyme have been used as injections for stone in the bladder. However, this is rather dangerous and not to be generally recommended except under the directions of a physician.

SNAKE HEAD.

Balmony—Fish Mouth—Bitter Herb—Turtle Bloom—(Chelone Glabra).

Action.—Tonic.

Uses.—Fevers, Jaundice, Liver Troubles, Dyspepsia, Debility.

Grows in wet places in the U. S. and blossoms from July until late autumn. The root is perennial and the stem erect and from 2 to 4 feet high though sometimes decumbent. The flowers are angular, four sided, terminal and generally white though they are of different colors in different varieties. Some of the flowers are white, spotted with red and purple, and they are of a most singular shape, resembling the head of a snake with its mouth open. The leaves are opposite, bear a slight resemblance to mint leaves and are of a dark green color when fresh and almost black when dry and are intensely bitter. Grows in moist lands and by the sides of brooks, both in the open and in the shade.

It is a very powerful bitter tonic. Can be combined with other bitter tonics like gentian and cinchona. The leaves are the best and can be given in powder, tincture, decoction or infusion. The weak tea can be drank freely as a tonic for fevers and jaundice. The weak tea is made with an ounce of the leaves to a pint of water. The dose is from $\frac{1}{2}$ to 1 ounce. The dose of the tincture is from $\frac{1}{2}$ to 1 dram. Good for jaundice and liver diseases. Small doses are good for dyspepsia, debility, etc.

SOLOMON'S SEAL. (Convallaria Polygonatum.)

Action.—Astringent.

Uses.—Female Diseases, Piles.

This plant rises from 6 to 8 inches high. The leaves are lance-like and dark green. The flowers are in clusters and hang on the lower side of the leaning stalks, producing red berries. Grows in meadows, on high banks and mountain sides in every part of the U. S.

The roots are astringent. For female weakness such as whites, weakness of the womb and too much monthly flow, use a handful each of Solomon's seal root and comfrey root, bruised and infused in 2 quarts of wine. This is a valuable remedy. Take a wineglassful 3 times a day. For piles apply the bruised roots to the parts. The decoction is prepared by using an ounce of the root to a pint of boiling water. The dose is from 1 to 3 ounces 3 times a day. Can be used as an injection for whites and piles.

SPEARMINT.
(*Mentha Viridis.*)

Action.—Stimulant, Carminative, Aromatic.

Uses.—Nausea, Vomiting, Gravel, Urinary Troubles, Sprains, Piles.

Excellent for nausea and vomiting. Good for gravel, suppressed urine and painful urination. It is of the same order as peppermint. Bruise the green plant and add enough Holland gin to make a saturated tincture. Take a wineglassful as often as you can possibly bear it for suppressed urine and gravel. Wet cotton with this and apply to piles to relieve the pain. Very excellent for external use for sprains when combined with wormwood and smartweed. Combined with marshmallow root it forms a very good mixture. For high colored urine and painful urination the cold tea is best.

ST. JOHN'S WORT.
(*Hypericum Perforatum.*)

Action.—Astringent.

Uses.—Wounds, Sores, Bruises, Ulcers, Swellings, Caked Breasts.

Grows in the U. S. and flowers in June. Has hard upright stalks with spreading branches and small deep green colored leaves. The flowers are yellow and five leaved with many yellow threads in the middle, which, when bruised, yield a juice like blood. The flowers produce round heads which contain seeds that are small and black like raisin seeds. The root is hard. The tops and blossoms are used for ointments. Very good for wounds and especially perforating wounds. A tea of the leaves, taken internally, is also good for wounds and sores. The best use of the remedy is locally and internally for small perforating wounds. The tea is made by using an ounce of the leaves to a pint of water, for internal use. The dose is from 1 to 2 ounces 3 or 4 times a day. Two ounces of leaves to a pint of water is right for external use. The blossoms infused in sweet oil by exposure to the sun make a fine ointment for perforating wounds, bruises, ulcers, swellings and caked breasts. Fomentations may be used for the same purpose.

STONE ROOT.

Knob Root—Richweed—Horse Balm—(*Collinsonia Canadensis*).

Action.—Diuretic, Antispasmodic.

Uses.—Headaches, Colic, Cramps, Anemia, Chlorosis, Colds, Lumbago, Spasmodic Croup, Whooping Cough, Piles, Whites, Urinary Troubles, Bruises, Ulcers, Wounds, Sprains, Contusions.

Found from Canada to Virginia. Grows from 1 to 3 feet high. Root is hard and stone-like. Has numerous pale yellow flowers with a lemon odor.

Used for headaches, colic and cramps, particularly after childbirth. Good for anemia and chlorosis. The hot infusion at bed time will cure ordinary colds or mild lumbago and is also good for spasmodic croup and whooping cough. Use the tea as an injection for piles or make a suppository of 10 to 60 grains and use every night. The tea is good as an injection for whites. The tea is also good for dribbling of the urine and incontinence of urine in children. The tea is made by using an ounce to a pint of water. Make it stronger if it is to be used as an injection. The dose is from 1 to 4 ounces. The dose of the powdered root is from 10 to 60 grains; of the tincture, from 20 to 60 drops and of the fluid extract from 1 to 60 drops. Applied externally

as a poultice the leaves are good for bruises, blows, wounds, sprains and contusions.

STRAWBERRY.
(*Fragaria Vesca.*)

Action.—Diuretic, Aperient.

Uses.—Kidney and Bladder Troubles, Sore Mouth.

Persons who suffer from kidney or bladder troubles should frequently eat strawberries when they are in season and at other seasons they should use a syrup made from the berries. Strawberries are a very valuable remedy for either kidney or bladder troubles. Strawberry leaf tea with alum is good for sore mouth.

SUMACH.
(*Rhus Glabra.*)

Action.—Astringent, Refrigerant.

Uses.—Venereal and Scrofulous Diseases, Falling of Bowels and Womb, Gleet, Skin Eruptions, Sore Throat, Diarrhea, Dysentery, Ulcers, Old Sores, Kidney Troubles.

This shrub grows from 6 to 14 feet high. The stem is knotty, usually bent and is divided into several branches. Has a smooth, light gray bark. The blossoms are reddish and grow in spikes. Leaves turn red in autumn. The berries are crimson and grow in thick clusters.

An excellent injection or wash is made of the decoction of the bark of the root for scrofulous and venereal diseases and for falling of the womb and bowels. At the same time a decoction of the bark of the root with white pine, slippery elm and blood root should be taken freely. This is also good for eruptions of the skin, gleet, etc. A tea made from the berries and sweetened with honey is good for sore throat when used as a gargle. If sweetened with loaf sugar it is good for dysentery, diarrhea and other bowel complaints. For old sores and ulcers a splendid poultice may be made from either the berries or the bark. Either the fluid extract or the decoction is good for kidney troubles and especially where there is suppression or incontinence of urine. From 10 to 30 drops of the fluid extract may be taken during each day.

SUNFLOWER.
(*Helianthus Annuus.*)

Action.—Diuretic, Expectorant.

Uses.—Kidney Troubles, Throat Troubles, Lung Troubles, Bronchitis, Laryngitis.

Has an erect rough stem usually about 7 feet high. The leaves are large and three nerved. The flowers are large and nodding with yellow rays. The seeds are numerous and dark purple when ripe. Native of South America but cultivated here on account of its beautiful yellow flowers which appear in July and August. The ripe seeds are the part used.

The seeds and leaves are diuretic and expectorant and have been much used in kidney, throat and lung affections. Put 2 pounds of the bruised seeds into 5 gallons of water and boil down to 3 gallons, strain, add 12 pounds of sugar and 1½ gallons of good Holland gin. The dose of this is from 2 drams to 2 ounces 3 or 4 times a day or whenever there is a tickling or irritation of the throat or the cough is excessive or when expectoration is diffi-

cult in bronchitis, laryngitis or lung consumption. Other medicines may be added to the above. An infusion of the pith of sunflower stem is good as a diuretic. The pith contains nitre. For the tea use 10 ounces of the pith to a pint of water. The dose is from 1 to 2 ounces 3 or 4 times a day.

SWAMP SNAKE ROOT.

Uses.—Female Troubles, Coughs.

Grows by the sides of streams on lands so low that they are flooded at some season of the year. It rises 6 to 8 inches high. The leaf is round with notches on the edge. The color of the root is purple. The smell is fragrant and agreeable.

Good for coughs and consumptive habit. Good also for female debility due to irregular monthlies and has been called "the female regulator." The tea is made by using one ounce of the plant to a pint of boiling water. The dose is from $\frac{1}{2}$ to 1 ounce 3 times a day.

SWEET CLOVER.

King's Clover—Melilot—(Melilotus Alba).

Uses.—Leucorrhea, Coughs, Swellings, Inflammations.

One kind of sweet clover has white blossoms and the other has yellow blossoms. It very often grows from 4 to 6 feet high. The odor is somewhat like that of the tonqua bean.

A tea made of the leaves and flowers is good for coughs and leucorrhea. However, it is most frequently used as a poultice or an ointment for swellings and inflammations.

SWEET FLAG.

Flag Root—Sweet Rush—Calamus—(Acorus Calamus).

Uses.—Cholera Morbus, Colic, Stomach Troubles.

Sweet flag is large, fleshy and horizontal. It should be gathered late in the autumn. It is pinkish inside and has an agreeable odor and pleasant taste. In making the tea use an ounce of the root to a pint of boiling water. The hot decoction is also good. The dose is a wineglassful. It is very good for cholera morbus and colic. The dose of the powdered or grated dry root is 1 teaspoonful every 15 minutes; or, of the infusion of the green root the dose is from 4 to 6 ounces. It is very good for colic and especially wind colic. It is also good for flatulent stomach disorders. In flatulent colic of children it is best combined with magnesia. The dose for adults is from $\frac{1}{2}$ to 1 teaspoonful of magnesia and the dose for children from 5 to 10 grains.

TANSY.

(Tanacetum Vulgare.)

Action.—Tonic, Anthelmintic.

Uses.—Menstrual Troubles, Hysteria, Urinary Troubles, Stomach Troubles, Flatulence, Jaundice, Worms.

This is excellent for its tonic action on the stomach. Good for menstrual troubles and hysteria. Aids in bringing on the menses. A tea made of the leaves and seeds is good for worms in children. The juice or infusion is good for painful urination and for urinary weakness. For the tea use 1 ounce of the leaves or tops to a pint of hot water and give from 1 to 2 ounces for

menstrual troubles. The cold tea is good for dyspepsia, flatulence, hysteria, jaundice and worms. As a fomentation it is good for swellings, local inflammations and also as an application to the bowels in monthly troubles. The dose of the powder is from 30 to 60 grains 2 or 3 times a day; of the tea, from 2 to 4 ounces; of the tincture from 1 to 2 teaspoonfuls.

TETTERWORT.

Celandine—(Chelidonium).

Action.—Purgative, Diuretic.

Uses.—Dropsy, Green Sickness, Skin Eruptions, Jaundice, Liver Troubles.

Is found by the side of running brooks. Grows to the height of 2 feet. The stalks have larger joints than is common with other plants and are very easily broken.

From 20 to 30 drops of the juice or $\frac{1}{2}$ teaspoonful of the powdered root in new milk is said to cure dropsy, green sickness and skin eruptions. It is very good for the liver when the pain is felt under the right shoulder blade. To make the tincture use 1 ounce of the plant to a pint of spirits. This is good for catarrh of the liver and jaundice. The dose of this is from 10 to 20 drops. Should be taken 4 times a day. The dose of the powder is from 10 to 40 grains and of the fresh juice from 30 to 40 drops in liquid.

THORN APPLE.

Stramonium—Stink Weed—Jamestown Weed—Jimson Weed—(Datura Stramonium)—(Poison).

Action.—Narcotic, Anti-spasmodic, Sedative.

Uses.—Epilepsy, Insanity, Asthma, Chorea, Sciatica, Ulcers, Tumors, Cancers, Scalds, Burns, Piles, Painful Monthlies.

Grows plentifully in Europe and the U. S. by the roadsides. Is from 4 to 6 feet high. The stalks are long and where the branches join them there arises a white flower which is succeeded by a prickly pod about the size of a hen's egg and containing seeds.

Its action is narcotic, anti-spasmodic and sedative. Good for epilepsy, insanity, asthma, chorea or St. Vitus' dance and sciatica. For an ointment simmer 1 pound of fresh leaves with 3 pounds of lard. This is good for ulcers, tumors, cancers, scalds, burns and piles. The internal dose of the powdered leaves is 1 grain; of the fluid extract, $\frac{1}{4}$ to $\frac{1}{2}$ grain; of the tincture (10 per cent. strength), 5 to 20 drops. The leaves when dried may be mixed with tobacco and smoked for asthma. The following is good as a suppository for dysmenorrhea. Take 4 grains of extract of stramonium, 4 grains of belladonna, 4 grains of extract of opium, 40 grains of camphor and a sufficient quantity of oil of cacao. This will make 12 suppositories. Insert one in the bowel every hour or two for relief from pain in dysmenorrhea or painful monthlies.

THYME.

Mother of Thyme—Garden Thyme—(Thymus Vulgaris).

Action.—Antiseptic, Diaphoretic, Resolvent, Tonic, Stomachic.

Uses.—Leucorrhoea, Tooth Paste, Dyspepsia, Hysteria, Painful Menstruation, Flatulence, Colic.

The herb is cut while in bloom and dried for use. Oil of thyme consists of two ingredients, one of which is called thymol on account of which this plant is a valuable antiseptic. A tea can be made of the plant and is good as an injection for leucorrhea. It is good in small doses of from 1 to 2 drams as an intestinal antiseptic, but it does good through the action of the thymol. Thymol is much used as a medicine, for instance, in thymol tooth paste. Ointment of thymol, 10 grains and lanolin 1 ounce, is good for acne. Cold thymol tea, 1 ounce to a pint of boiling water, is good for dyspepsia with weak and irritable stomach. The warm tea is good for hysteria, painful menstruation, flatulence, colic and to produce sweating. In making the tea use an ounce of the plant to a pint of cold or hot water. The dose is from 1 to 3 ounces.

TOBACCO.

(*Nicotiana Tabacum*.)

Action.—Emetic, Relaxing, Narcotic, Diuretic.

Uses.—Asthma, Coughs, Earache, Piles.

Tobacco is very relaxing but the nicotine in it is very poisonous and makes it an unsafe remedy in many cases. Tobacco smoke is good as a palliative of asthma and of nervous coughing caused by tickling of the larynx. It is also much used for earache. It was formerly used a great deal externally as an application to broken surfaces but symptoms of poisoning sometimes result when it is thus used and hence it is not used so much now as formerly. It is one of the ingredients of the pile remedy known as Trask's Ointment.

TRAILING ARBUTUS.

Gravel Weed—Winter Pink—Mountain Pink—Ground Laurel—Mayflower.
(*Epigaea Repens*.)

Action.—Astringent, Diuretic.

Uses.—Kidney Troubles, Gravel, Urinary Troubles.

Trailing plant, indigenous, with woody stems 6 to 20 inches long, covered with hairy pubescence in all its parts. The leaves are evergreen, 2 to 2½ inches long, 1½ inches wide, roundish at the ends and abruptly tipped with a sharp point. The flowers are very fragrant and white or striped with various shades of red. Appears in April and May. The capsule or pod is depressed, globular, five-lobed, five-celled and many seeded. Grows in sandy woods and is found from Newfoundland to Pennsylvania and Kentucky. Prefers sides of hills and a northern exposure. The leaves are the parts used.

It is astringent and diuretic (acts on kidneys). Good for gravel and all diseases of the urinary organs. The tea made by using 2 ounces of the leaves to a pint of boiling water should be drank freely every few hours. To make a diuretic compound, take of this plant, also queen of the meadow, dwarf elder bark, marshmallow root, ½ ounce of each coarsely bruised; boiling water and good Holland gin, of each 1 pint and enough honey to sweeten. Pour the boiling water on the plants and boil them with gentle heat in a close-covered vessel for 6 hours. Remove from the fire, strain and add sufficient honey to render it pleasant. Very useful for gravel and suppressed, high colored, and scalding urine. The dose is 2 ounces 3 or 4 times a day. For gravel ½ ounce of wild carrot may be added.

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Crowfoot or Cranesbill.

Used for Ulcers, Sore Mouth, Diarrhea, Dysentery, Piles, Profuse Menstruation, Bleeding, etc.



Blood Root or Red Puccoon.

Used for Sick Headache, Dyspepsia, Jaundice, Catarrh, Croup, Whooping Cough, Rheumatism, etc.



White Oak.

Used for Sore Throat, Sore Eyes, Tonsillitis, Ulcers, Scrofula, Uterine Bleeding, Bleeding Piles, Whites, etc.



Trailing Arbutus or Mountain Pink.

Used for Kidney and Bladder Troubles, etc.



Digitalis or Foxglove.

Used for Heart Disease, Inflammation of Lungs, Pleurisy, Dropsy of Chest and Inflammatory Affections.



Indian Turnip or Jack-in-the-Pulpit.

Used for Coughs, Colds, Stomach Cramp, Asthma, etc.

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WILD CHERRY.

Black Cherry—Rum Cherry—Cabinet Cherry—(*Prunus Virginiana*).

Action.—Tonic, Astringent.

Uses.—Coughs, Whooping Cough, Diarrhea.

The bark of the root is the part used. Add cold water to the bark and let it stand from 36 to 48 hours. The dose is from 2 to 4 ounces 3 or 4 times a day. It is very good as a tonic. Good for coughs and especially when it is combined with other remedies. For the cough of consumption the following is good. Take 2 grains of codeine, 12 drops of tincture of belladonna and enough syrup of wild cherry to make 3 ounces. Give 1 or 2 teaspoonfuls when the cough is troublesome at night. The mild tea made of the bark of the root allays nervous coughs and is good for whooping cough. For this purpose the tea should be made with from $\frac{1}{2}$ to 1 ounce of the bark to a quart of water. Good for the stomach and bowels as a tonic in case of diarrhea. For the regular tea use 1 ounce of the bark to a pint of water. The dose is from 1 to 2 ounces. The dose of the syrup is 1 dram and of the fluid extract from 10 to 60 drops.

WILD GINGER.

Colt's Foot—Canada Snake Root—(*Asarum Americanum*)—(*Asarum Canadense*).

Uses.—Debility, Melancholia, Palpitation, Low Fever, Whooping Cough.

An humble, stemless plant. The leaves rise immediately from the root, usually 2 in number and resemble a colt's foot. The flowers proceed from between these leaves and are large, purple and bell shaped. The root is of a grayish brown color without but is white within. Grows in shady woods and rich soils. Flowers from April to July. Useful in debility, melancholia, palpitation, low fever, convalescence and whooping cough. For these troubles it should be used in small doses. Large doses cause sickness at the stomach. The root is the part used in making the powder and the dose is $\frac{1}{2}$ dram. In making the tea use an ounce of wild ginger to a pint of water and give from 1 to 2 teaspoonfuls every 2 or 3 hours.

WILD YAM.

Colic Root—(*Dioscorea Villosa*).

Action.—Diaphoretic, Emetic.

Uses.—Liver Troubles, Gall Stones, Jaundice, Colic, Cramp in Bowels, Chronic Malaria.

Grows in the southern states; less plentiful in the northern states. It is a climbing plant and forms a thicket in moist localities. The leaves are smooth above and downy beneath. The fruit is a triangular, wing-shaped capsule that grows in pendant bunches. The root forks repeatedly and breaks with difficulty. It is of a yellow broom color. It is sometimes known as rheumatism root.

It acts especially on the liver. It is good for gall stones and especially when the stones are small. It aids in the expulsion of the stones and reduces the inflammation afterwards. Good for jaundice and especially when

there is colicky pain. Also good for cramp in the bowels and for liver troubles. For the decoction use 2 ounces of the root to a pint of boiling water and let it boil slowly for half an hour. The dose is from $\frac{1}{4}$ to $\frac{1}{2}$ teacupful every half hour for bilious colic. The usual dose is from 1 to 4 ounces taken 4 times a day. The following is good for chronic malaria. Take 1 teaspoonful of Fowler's solution, $\frac{1}{2}$ ounce of tincture of wild yam and $2\frac{1}{2}$ ounces of compound tincture of cardamon. Take a teaspoonful in water after meals. The dose of the tincture of wild yam is from 10 to 40 drops and of the fluid extract, from 10 to 20 drops.

WINTERGREEN.

Tea Berry—Mountain Tea—(*Gaultheria Procumbens*).

Action.—Stimulant, Restorative, Cordial, Antiseptic, Aromatic, Astringent.

Uses.—Rheumatism, Menstrual Troubles, Asthma, Neuralgia, Chronic Diarrhea.

Essence or oil of wintergreen may be used or a tea may be made of the green plant. The tea is good to restore strength, promote menstruation and relieve asthma. The oil is used for neuralgia and rheumatism as it contains salicylic acid. The plant is a cordial, stimulant, restorative and partial antiseptic. It is excellent for some forms of chronic diarrhea. The dose of the oil of wintergreen is from 5 to 10 drops every 3 to 6 hours and this dose should be gradually increased until it causes ringing in the ears.

WITCH HAZEL.

(*Hamamelis Virginica*.)

Action.—Astringent.

Uses.—Ulcers, Piles, Painful Swellings, Sprains, Bruises, Sore Eyes, Falling of Womb, Enlarged Veins, Sore Gums, Bleeding, Throat and Nasal Catarrh, Sunburn, Eczema, Burns, Frostbites.

This is a shrub rising from 6 to 10 feet high and blossoming in winter. It blossoms after the leaves are destroyed by frost and the fruit is not injured by the winter. Does not open until the next autumn when it flowers again and then fruit and blossoms will be found on the same tree.

The twigs and flowers are good in decoction. Can use the bark as a poultice for ulcers, piles, painful swellings, sprains and bruises. The tea of the leaves, one ounce to a pint of water, is good for sore eyes. A strong decoction of the leaves is good as an injection for falling womb and for piles and is also an excellent application for enlarged veins. You can buy any form of witch hazel in any drug store and at but little cost. There is the distilled extract, the fluid extract and the tincture. The distilled extract, diluted 2 or 3 times, is good for sore gums, sore throat and nasal catarrh. Good for bleeding after the pulling of teeth. The following is a good ointment. Take from 1 to $1\frac{1}{2}$ fluid drams of the fluid extract of witch hazel, 1 dram of zinc oxide, 40 grains of starch, 30 drops of glycerine, and 1 ounce of ointment of rose water. This is to be used as an ointment for sunburn, eczema, etc. The following is good for frostbites and burns. Use 1 ounce of solution of lead, 1 ounce of laudanum, 2 ounces of distilled witch hazel and 1 pint of water. The following is good for piles. Mix with lard equal parts of the decoctions of witch hazel, white oak bark and apple tree bark.

WOOD CHARCOAL. (Carbo Ligni.)

Action.—Disinfectant, Absorbent.

Uses.—Mortification, Old and Offensive Ulcers, Indigestion, Gas Dyspepsia, Acid Stomach, Foul Breath.

Take the white or soft maple; cut and split fine as oven wood; set in a small coal pit and when well burned take it out and put a small quantity at a time into an iron kettle and pound fine and then sift through a common sieve. Then put the whole into an iron kettle over the fire and heat until red hot and the coal ceases to send out a smoke. Then, when cool enough, put into bottles and cork tightly.

For mortification and old, offensive, eating ulcers, prepare as directed above; mix well with yeast and use as a poultice. For gas dyspepsia, indigestion, acid stomach and foul breath, give from a teaspoonful to a tablespoonful either before or after meals as may feel best.

WORMWOOD. (Artemisia Absinthium.)

Action.—Bitter Tonic, Anthelmintic.

Uses.—Sprains, Etc.

The stem is covered with a whitish down, the leaves are whitish on both sides and the flowers are small and yellowish and form a long cluster. It has a strong smell and a bitter spicy taste. Its main use is external. It is splendid for sprains, either alone or with salt water and smartweed or arnica.

YARROW. Thousand Leaf—Milfoil—(Achillea Millefolium).

Action.—Tonic, Astringent, Alterative.

Uses.—Hemorrhage of Lungs and Kidneys, Incontinence of Urine, Diabetes, Piles, Dysentery, Leucorrhea, Amenorrhea, Flatulent Colic.

Grows from 12 to 18 feet high with simple stems branching at the tops. Has double winged leaves and leaflets which are minutely divided and subdivided. The flowers form a thick flat bunch and are white or rose colored. Common in Europe and North America. Grows in fields, woods and pastures and flowers nearly all summer. Should be gathered when in bloom.

It is tonic, astringent, alterative. Is good for hemorrhage of the lungs and kidneys, incontinence of urine, diabetes, piles, dysentery, leucorrhea, amenorrhea, and flatulent colic. For the tea use 1 ounce of the herb to a pint of water. The dose is from 4 to 6 ounces 3 or 4 times a day. The dose of the oil is from 10 to 20 drops.

YELLOW DOCK. Narrow Leaf Dock—Sour Dock—Curled Dock—Garden Patience—(Rumex Crispus).

Action.—Alterative, Tonic, Astringent.

Uses.—Dyspepsia, Liver Complaint, Erysipelas, Scrofula, Skin Diseases, Blood Diseases, Ulcers, Itch, Glandular Swellings.

The leaves are long and curl in waves at the edges and are light green in color. Grows from 2 to 5 feet high. The flowers are small and greenish

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and grow thickly in long stems. The root is brownish yellow on the outside and yellow within. This is an excellent remedy.

The decoction is made by using 2 ounces of the fresh root to a pint of water and the dose is from 1 to 4 ounces 3 or 4 times a day. It is a good alterative tonic. Good for dyspepsia, liver complaint, erysipelas, scrofula, skin diseases and blood diseases generally. The following combination is very good. Take 1 ounce each of the fluid extracts of dandelion, yellow dock, burdock and wild cherry. Take from 1 to 4 teaspoonfuls 4 times a day. The fresh root, bruised in cream, lard or fresh butter, forms an excellent ointment for scrofulous ulcers, itch and indolent glandular swellings.